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SUMMER
GIFT
GUIDE

36 GREAT IDEAS!
PAGE 55

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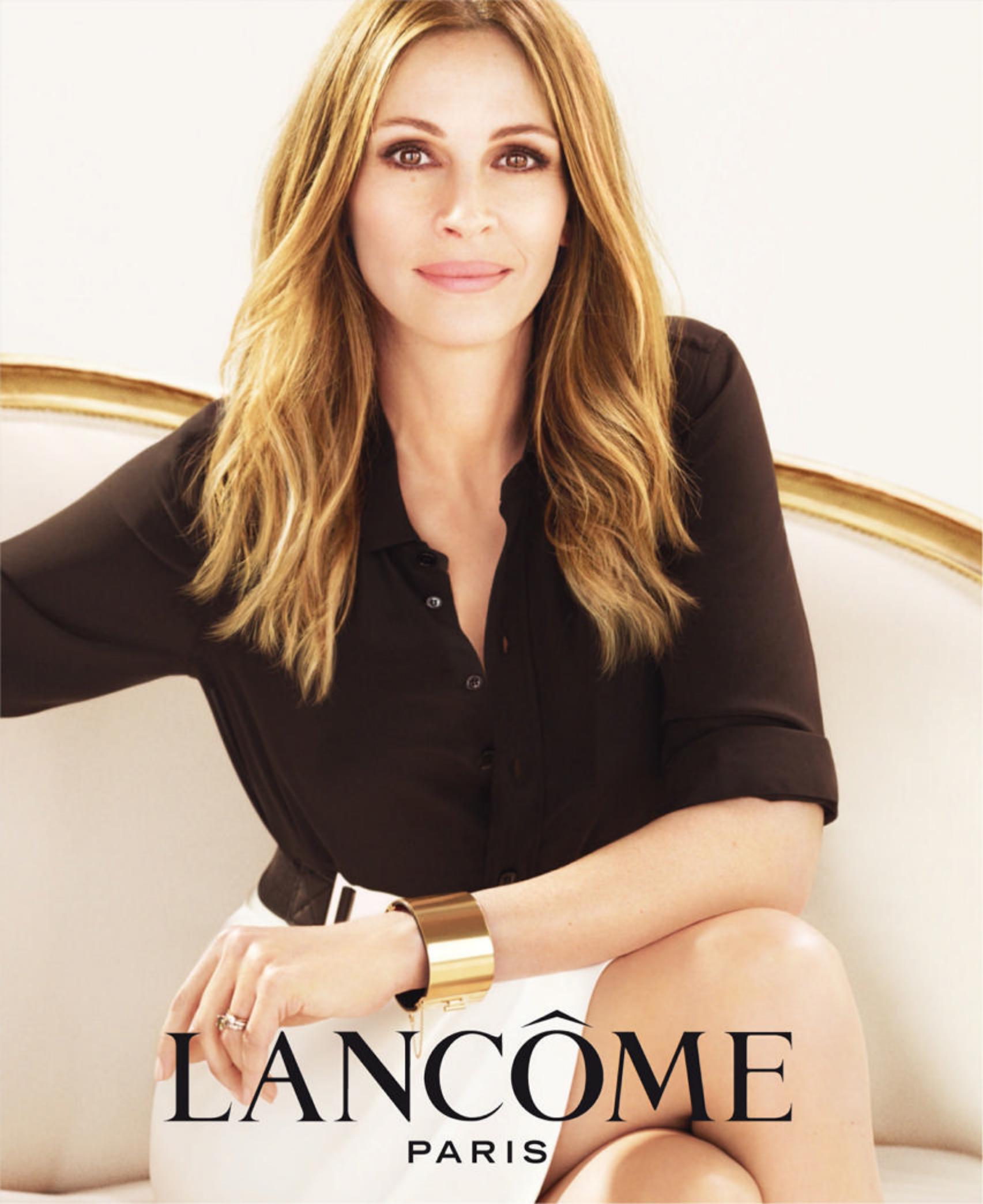
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Thoughts



“These guys who fear becoming fathers don’t understand that fathering is not something perfect men do, but something that perfects the man. The end product of childraising is not the child but the parent.”

FRANK PITTMAN, M.D., *MAN ENOUGH*

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"when it heats up, I like to stay cool with my
peach side babe."

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the Simple List

YOUR MONTHLY DOSE OF USEFUL TIDBITS, TIMELY TRIVIA,
AND CATCHY CONVERSATION STARTERS



**4,550
POUNDS**

The weight of a great white shark that was captured off Montauk, Long Island, in 1964—the real-life inspiration for the 1974 novel and 1975 movie *Jaws*. Author Peter Benchley read about the 17-foot-long Montauk monstrosity in the newspaper and wondered, *What would happen if something that size terrorized a beach community?* According to the book *The Jaws Log*, by *Jaws* co-screenwriter Carl Gottlieb, the film crew, shooting on Martha's Vineyard, used three different 25-foot-long mechanical sharks, which director Steven Spielberg nicknamed "Bruce," after his attorney. Now is the time to rewatch this bloodcurdling summer blockbuster. It turns—duh dun, duh dun—40 years old on June 20.



FOR MORE FUN FACTS
AND FIGURES, follow us on
Twitter (@RealSimple).

\$5

The price of a dress owned by mystery writer Mary Higgins Clark that influenced her newest short story, titled (no mystery here) "The Five Dollar Dress." A woman finds the item among the belongings of her deceased grandmother, and it helps her solve a decades-old homicide. The tale is part of the anthology *Manhattan Mayhem*, out this month, which Higgins Clark edited for the Mystery Writers of America's 70th anniversary. All 17 of the book's stories are set in New York neighborhoods, including a shady encounter in Times Square and a kidnapping in Chinatown. (Want something less macabre for vacation? Find great beach reads on page 48.)

1%

How much DNA close friends share, according to the March 2014 *Proceedings of the National Academy of Sciences*. In other words, a BFF is genetically akin to a fourth cousin. Scientists discovered this biological bond after analyzing the genes of almost 2,000 people and comparing the DNA of sets of friends and of strangers. It turns out that having similar personalities that draw you together may stem from the fact that you share small traces of genetics. Friends even tend to like the same scents, according to the study. This National Best Friends Day (June 8), treat yours like family. In a teeny tiny way, she kind of is.

**60
PERCENT**

The amount you can boost your creativity by taking a walk while brainstorming instead of sitting at a desk, as noted by a study published in *Journal of Experimental Psychology* last year. In the trial, college students had four minutes to come up with as many alternative uses for a simple object as they could. (For example, button: a doorknob for a dollhouse, a tiny strainer, an eye for a doll, and so on.) Subjects first thought at a desk and then while on a treadmill. Walkers tended to think out loud more than sitters did, which helped them land on more answers (a wheel for a matchbox car!). 'Tis the season to head outside and practice problem solving one step at a time.

25%

THE ADDITIONAL AMOUNT OF UV RAYS YOU GET VIA REFLECTION OFF SAND AND WATER, ACCORDING TO THE AMERICAN OPTOMETRIC ASSOCIATION (AOA). THAT'S BEYOND WHAT IS ALREADY BEATING DOWN FROM THE SUN. THE GLARE IS ESPECIALLY DANGEROUS FOR CHILDREN, WHO GET THREE TIMES THE ANNUAL DOSE OF UV EXPOSURE TO THE EYES THAT ADULTS DO. (THEY FILTER OUT FEWER OF THE SUN'S RAYS, SO MORE RADIATION REACHES THE RETINAS.) SORRY, PARENTS. YOU REALLY DO NEED TO WRESTLE SUNSCREEN AND SUNGLASSES ONTO WIGGLY CHILDREN. THE AOA RECOMMENDS STYLES THAT WRAP AROUND THE SIDES OF THE FACE AND FIT CLOSELY.

Written by

N.Jamiyla Chisholm

Illustration by

Darling Clementine

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Photograph by
Anna Williams

Prop Styling by
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SUMMER HAIR KIT
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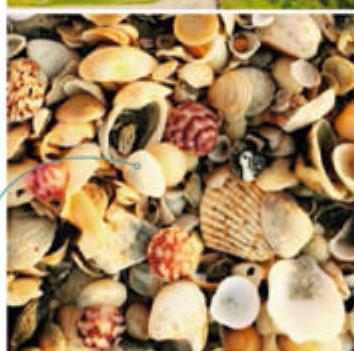


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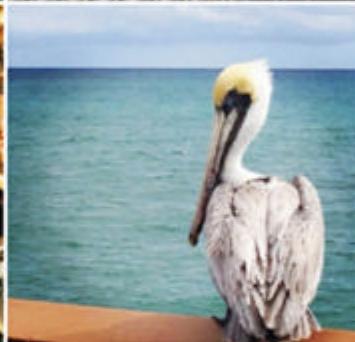
Help us kick off summer travel season by sharing photos of your family trip using the hashtag **#rsroadtrip** and we'll regram our favorites! You can also follow along on our **@womenirl** and **@real_simple** Instagram handles.

@MZN40
"Beautiful spring day."



@ACHAP51
"Came across this beautiful seashell mosaic on our sunrise walk on Jensen Beach."

@FEEDMEDEARLY
"Beachside papaya margs."



@EPILOGUEBLOG
"Pelican friend on a Florida pier."



ON FACEBOOK
AND TWITTER
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WHAT'S THE BEST THING YOUR FATHER TAUGHT YOU?

In honor of Father's Day (June 21), more than 5,500 RS readers shared their dad's best lessons.

Joan L.K.

That girls can do anything their brothers can do!

Maureen L.

He taught me to think outside the box, to get along when there is no box, how to build my own box, and why the box isn't important.

Jennifer S.

My dad never let me win at anything. He taught me the value of succeeding without someone giving me something.

Kelly M.

My father taught me that you don't need to be the biological dad to love and care for a child. He could have been a stepdad and instead chose to be our dad...grateful every day.

The ultimate summer kick-off

- A primer on how to grill **everything**, from hot dogs to cherry tomatoes.
- Legendary custard stands, tree houses you can sleep in, and many more quirky summer destinations.
- Easy entertaining ideas for your next outdoor gathering, whether it's movie night or a beer-tasting party.





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you'll make pancakes at 2 in the morning.

It's where you'll perform epic shower concerts.

It's where you'll tell her she's gonna be a sister.

It's where you'll long to be when you're anywhere else.

But first you have to find it...



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Editor's Note

A FEW SUMMERS AGO, our family vacation consisted of a house swap with a cousin of mine who lives just outside Amsterdam. I learned a lot of new things on that trip, but perhaps the most surprising was how much I am like my father.

You see, everywhere we went—the cheese shop, the wine store, the bike-repair place, the Delft museum—I managed to get into a conversation with a stranger that went like this: “Hi! We’re from New York! And we’re doing a house swap with my cousin! She lives in Haarlem! And her family is staying at our house in New York! We’ve never been here before! And it’s so much fun!!!” As is the case with strangers the world over, some were charming and some just wanted me to go away. But I plowed on, compelled by a genetic inheritance I didn’t realize I

PHOTOGRAPH BY PERRY HAGOPIAN; HAIR BY PAUL WARREN USING RENE FURTERER FOR ART DEPARTMENT; MAKEUP BY MELISSA SILVER FOR MAYBELLINE NEW YORK. BY MALENE BURGER EMBELLISHED BLouse, \$495, SHOPBOP.COM



REAL SIMPLE HAS PODCASTS?
Yes! Four of them, to be exact, on everything from negotiating household conflicts (*The Labor of Love*), navigating the confusion of your 20s (*Adulthood Made Easy*), handling irritating personalities (*I Want to Like You*), and boiling down kitchen basics (*Things Cooks Know*). There are new episodes every week. Go to realsimple.com/podcasts and *listen for free*.



had. After a few days of this, my oldest son pulled me aside and said, “Mom, will you please stop giving our whole story to everyone you meet?”

Now, this is a child who has spent his life being told by his mother, “You see? When you talk to people you LEARN THINGS!” In other words: Put yourself out there, kid. You never know what you’re going to find. But—shocking!—on this vacation Mom was putting herself out there so much that I was both (a) an embarrassment and (b) super annoying.

I thought of that vacation earlier this year, as I sat in a crowded Utah ski lodge, listening from across the room as my father bellowed at an uninterested elderly man who could barely hear him that in just four short years he would be 80! And then he—like the confused, uninterested stranger—would get to ski for free, too! In FOUR SHORT YEARS!!! The next day, we were at another resort, and the woman working the cash register at lunch was from Venezuela! And Dad, in his spectacular almost-Spanish, explained that he was from Aruba! Which is very close to Venezuela!!! I have no idea what she said in

response (and he probably didn’t, either, since she spoke real Spanish). But guess what? She didn’t charge him for his sandwich. (You see, some strangers just want you to go away. But some give you free food.)

Dad. He is responsible for half of our DNA and sometimes more than half of our behavior (sorry, kids). And so I read this month’s Your Words column (page 17), which asks the question “What is the greatest gift your father ever gave you?” with a smile on my face and tears in my eyes. It’s hard to name the greatest gift my father has given me. Decades of love? An optimistic nature? Square shoulders? Or maybe just the ability (compulsion?) to talk to strangers—and, as a bonus, embarrass my children. You never know what you might learn.

So Happy Father’s Day to all the dads out there. Especially to Piet Hein van Ogtrop, who really does believe that strangers are just friends waiting to happen. And who will be 80 in four short years.

Piet Hein van Ogtrop

A photograph of two women at a playground. One woman is sitting on a tire swing, laughing and holding onto the ropes. The other woman is standing behind her, also laughing and holding onto the swing. They are both wearing casual summer clothing and sandals. The background shows a chain-link fence and lush greenery.

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Your Words

Q.

What is the greatest gift your father ever gave you?

A.

A running list of his best life advice.

Over two decades ago, my dad began compiling little bits of wisdom that he had picked up over the years (dubbed "Dad's Tips for Life") and mailed the collection to my siblings and me right after we left for college across the country. Some of the advice is widely known ("Bend at the knees and save your back"), some is practical ("Read the newspaper daily"), and some is unique to my dad ("Never eat powdered donuts in dress clothes"). He continues to add to the list today.

ALISON GORMAN, Portland, Maine

DON'T KNOW WHAT TO GET DAD FOR FATHER'S DAY? GO TO PAGE 55 FOR SOME GREAT IDEAS. (BATHROOM FIXTURES NOT INCLUDED.)

A toilet!
(No joke)

Back when I was pregnant with my first child and living in a fixer-upper, I slept upstairs and the only bathroom in the house was downstairs. This meant I had to trek up and down the stairs multiple times a night to use it. Then, on the morning of my birthday, my father showed up with a shiny, new toilet and installed it in an unfinished room upstairs. I have never been more grateful for a gift!

ELAINE SKIPPER-LEISTER,
Vandalia, Michigan



He read aloud to me all the way through high school. While the types of books evolved as I got older, he would still create voices for each character. This little ritual solidified my love of reading as well as our amazing bond.

T.B. CAMPBELL,
San Diego, California



He made dinner every night.

When my siblings and I were kids, my dad worked the late shift and was gone from 3:30 P.M. to 1 A.M. Despite needing to sleep during the day, he always prepared a meal and left it waiting in the oven. (No one else in the family cooked!) I live on my own now while in graduate school, and I really miss coming home to a hot meal from my dad.

JANELLE S. PEREZ, San Diego, California

His complete and utter devotion to my mom.

Before my sweet mother was stricken with Alzheimer's disease, she spoiled my dad. He rarely cooked or did laundry. But once she got sick, my dad took the best care of her, even after she had to be moved to a special facility. He spent every day with her, feeding her lunch, holding her hand, and brushing her hair. He stayed by her side until the day she died. His example of what it means to love someone will stick with me for the rest of my life.

LISA WEBER,
Independence, Kansas

Illustration by Ben Wiseman



His first real hug! Traditionally, Asian men aren't raised to show their emotional side. So my dad never really hugged me or said, "I love you." When I was in high school, I ran to my room crying uncontrollably after something bad happened. To my surprise, my dad hugged me and let me sob in his arms. This simple gesture made me feel truly loved.

QUYEN LY,
Brooklyn, New York

My laugh

It's loud and hardy, just like his. I used to be embarrassed by the volume of my dad's laughter when we were out in public, like when we'd watch comedies at a movie theater. But nowadays I'm proud to share this trait with him. He died almost 13 years ago, and I think about him every time I laugh.

KIM BIEHL,
Tampa, Florida



An old telephone to take apart and put back together, given to me when I was about five. He is an engineer, and he taught me to think like one, too.

@OHTHESIMPLEJOYS

He performed my wedding ceremony.

Due to a long battle with cancer, my dad, a Baptist minister, was incredibly ill in the days leading up to the ceremony. However, he managed to walk me down the aisle and led my now husband and me through our vows. He did an amazing job, and at one point he even leaned down to kiss my forehead. It felt like a miracle.

REBEKAH DEEDS KING,
Damascus, Maryland



His first real hug! Traditionally, Asian men aren't raised to show their emotional side. So my dad never really hugged me or said, "I love you." When I was in high school, I ran to my room crying uncontrollably after something bad happened. To my surprise, my dad hugged me and let me sob in his arms. This simple gesture made me feel truly loved.

QUYEN LY,
Brooklyn, New York

SUBSCRIBER OF THE MONTH



VICKI STRICKLAND

HER ANSWER: Even though I wasn't his biological child, my father raised me as his own and fought to stay in my life after he and my mother divorced. Recently we decided to complete the formal adoption process. Seeing his name listed as my father on my birth certificate still brings me to tears.

STATS: Age 44; married, with four children; stay-at-home mom; Ellensburg, Washington.

WHAT IS ONE THING THAT YOUR DAD WAS RIGHT ABOUT?

That I can fix just about anything. He taught me how to fix carburetors, replace brake pads, and change my car's oil and tires. He told me that there's no such thing as "a man's job."

WHAT IS YOUR SECRET TALENT?

I can pick up almost anything with my toes. When my kids were little and my hands were full, having an extra appendage really came in handy.

WHAT IS YOUR MOST PRIZED POSSESSION?

The pearl necklace given to me by my husband that I wore on my wedding day. About 10 years ago, a thief broke into our house and stole most of my jewelry, but he accidentally left my pearls behind in the front yard.



The gift of common sense. When all else fails, I know I have a good head on my shoulders because of him.

@KELETHIER9



His dashing good looks, unconditional love, and the promise that I can always come home.

@MSAMYEMAE

Self-acceptance

As a teen, I struggled with my weight and confidence. My dad encouraged me to focus on my creativity and life goals, helping me see beyond my waistline. Thanks to my biggest supporter, I am more at peace with myself in my 30s than I ever have been.

ERICA SMITHEE LOEWE,
Carpentersville, Illinois

He chose me as his date to a Stanley Cup playoff game.

Back in the 1970s, my dad asked me, his 12-year-old daughter, to attend the big game with him. What a surprise! His die-hard hockey buddies were not very happy about that decision, but it turned out to be one of the most exhilarating days of my life.

ELLEN KLESTA,
Darien, Illinois



UPCOMING QUESTION
What item should every woman have in her closet?

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UNCOMMON KNOWLEDGE FOR MODERN TIMES

SUMMER VACATION: A HISTORY LESSON

HOW DID THIS multimonth reprieve from pencils, books, and dirty looks come to be? Conventional wisdom points to the agricultural calendar. In the summer, American kids were needed to work the farm. But that's not historically accurate. In the early 19th century, rural students attended class during the winter and summer. But by the late 1800s, says Kenneth Gold, the author of *School's In: The History of Summer Education in American Public Schools*, "pervasive medical theories claimed too much school could put a child's health at stake." So school reformers pushed for a standardized calendar with summers off. This lined up with other forces, like well-to-do families escaping in the hot months. According to Gold, an 1872 Massachusetts Teacher article in support of the break said overtaxed kids were growing up "puny, lank, and pallid." Now pallidness is reserved for the post-graduates.



TIRED OF HEARING
"I'M BORED"?
Find a list of 50 fun
activities for the whole
family at [realsimple.
com/summeractivities](http://realsimple.com/summeractivities).

Written by Andra Chantim
Photograph by Aaron Dyer



Now what?!?

Smart solutions for life's little disasters

After slicing jalapeños, I touched my eye. The burning won't stop!

KELLY MOROSO, via e-mail

THE FIX: Immediately wash your hands with dishwashing liquid, which will break down the oil residue from the jalapeños better than soap can. Then flush out the eye with saline solution or over-the-counter eyedrops, says Rebecca Taylor, an ophthalmologist in Nashville and a clinical spokesperson for the American Academy of Ophthalmology. If the irritation persists, dampen a soft cloth with milk and hold it over the eye for five minutes. "The proteins in milk supposedly neutralize capsaicin, a compound that makes peppers spicy," says Taylor. Repeat if necessary. Aarón Sánchez, a chef and a co-owner of Johnny Sánchez, a taqueria with several U.S. locations, wears latex gloves as a preventive measure. He also says that soaking fingertips in yogurt or milk for a few minutes after chopping can mitigate trouble.

Written by Andra Chantim

Illustration by Peter Oumanski



My wineglasses are cloudy.

AILEEN W.,
via e-mail

THE FIX: HARD WATER IS PROBABLY THE CULPRIT, AS IT CAN LEAVE MINERAL DEPOSITS ON GLASS. WRAP PAPER TOWELS SOAKED IN WHITE VINEGAR AROUND THE EXTERIOR AND THE INTERIOR OF EACH GLASS AND LET SIT FOR 15 MINUTES, THEN RINSE, SAYS MEG ROBERTS, THE PRESIDENT OF MOLLY MAID, A NATIONWIDE CLEANING SERVICE. TO AVOID THIS PROBLEM IN THE FUTURE, WASH WINEGLASSES BY HAND AND DRY THEM WITH A MICROFIBER CLOTH.

Our flip-flops are filthy.

STEPHANIE CLAWSON,
via e-mail

THE FIX: If the sandals are rubber, hook them on the tines of the dishwasher's top rack and let the machine do the rest. (Have your dishes sit out this cycle.) To tackle stubborn dirt, says Melissa Maker, the creator of CleanMySpace.com, make a paste of equal parts baking soda and dish soap, plus a little water. Slather it over the shoes, let the mixture sit for a couple of minutes, then scrub with a soft-bristle brush. If the flip-flops are leather, that's another story. For treated leather (water will bead on the surface), wipe off grime with a soft cloth dipped in a solution of equal parts white vinegar and water. Buff untreated leather with saddle soap (following the label instructions). For suede, lightly rub with low-grit sandpaper to loosen dirt.



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NEW USES FOR OLD THINGS

SHOELACES

Photograph by Aaron Dyer

**CONTEST WINNER**

EARRING ORGANIZER: Push your studs and chandeliers through a colorful shoelace. Hung horizontally or vertically, either on hooks or just tacked to the wall, it takes up little space and keeps your whole collection handy and easy to see.

—idea from SUSAN WILL,
Portage, Michigan



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OUR 2015 "NEW
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THINGS" CONTEST

Throughout the year,
we'll feature the
smartest, most creative
ideas straight from
RS readers like you.

**RUNNER-UP**

KEY RETRIEVER: Never dig for your keys again. Tie one end of a shoelace to your house key and the other to a zipper pull inside your handbag. Simply tug the string to locate your key.

—idea from OLGA REED,
Edmond, Oklahoma

**RUNNER-UP**

PLANT WATERER: Going away for a few days? Snip the plastic tips off a cotton shoelace. Then place one end deep into the plant's soil and the opposite end into a full glass of water to slowly provide hydration.

—idea from
KATHY WINNINGER,
Waterloo, Iowa



WHAT OUR EXPERIMENT ABOUT OPTIMISM MEANS FOR YOUR FUTURE.



Prudential recently asked people from around the country to share important events that happened to them in the past, along with ones that might happen in the future. We displayed thousands of their answers and discovered an interesting fact: While the past was an even mix of good and bad, our participants believed that the future would be mostly good.

Behavioral scientists call this “optimism bias,” and it’s a major reason why many people fail to plan for risks they’ll likely face in the future. So talk to your financial professional to learn how Prudential can help you protect against whatever tomorrow may bring. Hope for the best. And plan for the rest.

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Bikini bumps

Otherwise known as ingrowns, these unsightly clogged follicles can really make you see red. Not to worry. New York City dermatologist Dendy Engelman has a plan to help you suit up with confidence all summer long.

THE REALIST



Prevent ingrowns

Often dead skin blocks the opening of follicles, causing hair to curl under the skin and grow sideways, says Engelman. Before shaving or waxing, exfoliate with a wet washcloth or loofah. Then wet skin with warm water to open the follicles and apply a lubricating shave gel, like eos Shave Cream (\$3.50 at drugstores), or warm wax. For coarse

hair, change the razor every four to six shaves. Shave in the direction of hair growth (going against it increases irritation), and apply a soothing cool washcloth to skin post-shave or post-waxing. Between hair-removal sessions, use a daily treatment with glycolic acid, such as Completely Bare Bikini Bump Blaster Pads (\$10, ulta.com), to keep follicles clear.

Treat irritation

Topical hydrocortisone can reduce swelling, pain, and redness. Don't pick at bumps—doing so may result in scarring. Instead, apply a spot treatment containing 2 percent salicylic acid to open the follicles so the hairs can come to the surface.



If you still get bumps

Try a different removal method, says Engelman. Depilatories, like Nair Glides Away Moroccan Argan Oil (\$6.60 at drugstores), lessen the chance of ingrowns. If you have dark hair, laser hair removal, though pricey, offers results that are nearly permanent. If your hair is blond, electrolysis is more effective.

Written by Didi Gluck
Photograph by Aaron Dyer



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Discover our picks for the best razors on the market at realsimple.com/razors.

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Palm prints

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THE REALIST



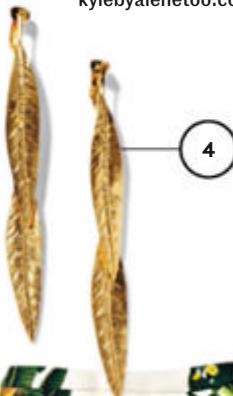
1



2



3



4

4 DANGLING EARRINGS
How about a pair of swaying palms to go with your maxidress and coconut water? Kenneth Jay Lane earrings, \$60, kennethjaylane.com.

5 RING MASTERS
For a teeny taste of the exotic, adorn a finger in coral or cobalt. Either will make a simple but striking statement against an all-white outfit. & Other Stories rings, \$29 each, stories.com.

6 SLIMMING PENCIL SKIRT
The chic botanical border helps to visually narrow your lower body. Ministry of Style skirt, \$150, kylebyalenetoo.com.



6

1 SUNSET CARRYALL
At almost 17 inches wide, this roomy canvas tote sets the scene for trips to the beach or leisurely strolls through outdoor markets. Tommy Bahama bag, \$78, 212-537-0956.

2 SPLASHY SLINGBACKS
Slip these on to make your black work dress laid-back enough for summer shindigs. Sam Edelman heels, \$130, samedelman.com.

3 PRINTED BLOUSE
A pull-on-and-go style that's equal parts bold and flattering, thanks to its swishy silhouette. J.Crew top, \$228, jcrew.com.

Written by
Yolanda Wikiel
Photographs by
Philip Friedman



Jennifer Garner wears sunscreen every day, no matter what the weather says.

UVA rays can pass through clouds, haze, even windows. During your life, the more unprotected exposure you get, the greater your risk of developing skin cancer. In fact, 1 in 5 Americans will develop skin cancer in their lifetime. Protection and early detection are the key to survival.

For sun safety tips and life-saving tools, like a free dermatologist skin cancer screening, self-exam kit and discounts on sunscreen products, go to

ChooseSkinHealth.com

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AS|DS
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Dermatologic Surgery

Your road-trip checklist

Tracking down these essentials in advance paves the way for happy wandering.

THE REALIST



AN EMERGENCY KIT:

In a click-shut plastic bin, stock jumper cables, a first-aid kit, a flashlight with extra batteries, road flares or reflective triangles, a fleece blanket, bottled water, and a few protein bars. Extras that are good to have on hand for a road trip: neck pillows, wet wipes, hand sanitizer, a cooler with drinks and snacks, and gallon-size zippered plastic bags (for messy trash).

SOFT-SIDED LUGGAGE:

Duffels and tote bags, which are easy to squeeze into a stuffed car, are the key to effective packing. Place large items in the trunk first, then work in smaller pieces around

them like a puzzle. (Be careful not to bury the emergency kit or the cooler in the trunk!) And if you're planning to stop for the night, stock a separate overnight bag with toiletries and a change of clothes, and pack it last.

A UNIVERSAL CAR CHARGER: Your smartphone is your lifeline. Make sure it doesn't run out of juice with a Ventev Dashport q1200 (\$35, ventev.com), which plugs into the car's cigarette lighter to power up devices lightning fast. And it works with just about any phone.

REAL-TIME TRAFFIC UPDATES: The Waze GPS mapping app (free, Android, iOS) will give you directions and reroute you if there's a tie-up ahead, thanks to crowd-sourced information from users.

MAPPING TOOLS: Have some sights you want to hit along the way? Use the Roadtrippers app (free, Android, iOS) to plot and save a route that hits them all. You can also use it to discover local-gem restaurants and hotels en route. If your tastes run toward quirkier attractions, try Roadside America (\$3, iOS), which points you to offbeat landmarks and museums around you.

Illustration by
Peter Oumanski

CAR SMARTS

Don't forget these crucial details.

VEHICLE CHECK: Test the air pressure in the tires and top off the oil, coolant, and wiper and brake fluids before you embark. Also be sure you've packed a spare tire, a jack, and a lug wrench.

IMPORTANT DOCUMENTS: Confirm that you have your registration, insurance card, and, yes, license. If you have roadside assistance, put the number in your phone.

BREAKDOWN KNOW-HOW: First pull off the road and put on your hazard lights. Then set out a road flare or a reflective triangle behind your car to alert motorists. Before calling for assistance, note your location by looking for the mile markers on the side of the road.

ROAD Rx

Quick fixes for when you're feeling weary.

FATIGUE: Pop a peppermint. The aroma stimulates the area of the brain responsible for arousal.

MOTION SICKNESS: Avoid watching the landscape whizzing past the side windows. Instead, look out the windshield to the horizon line. Also, try acupressure: Using your thumb, apply pressure to the underside of a wrist, about two inches below your palm and between the two tendons.

STIFFNESS: Adjust the seat's lumbar support to align with your lower back, or tuck a small pillow behind your lower back. Stop every two hours for a quick stretch.



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THE STAPLE

CAPERS

THE REALIST



Some are as small as peppercorns, others as large as peas, but all capers pack a flavor-boosting jolt of salt and acid. Picked as buds off shrubs native to the Mediterranean and parts of Asia, they're then cured in vinegar or salt. In the process, they take on a brininess like green olives. Before using, drain capers packed in liquid and rinse salted ones. Then add them to sauces or scatter them over grilled or roasted meats and vegetables.

THEY'RE KEEPERS
Once they're opened, you can keep brined or salted capers in the refrigerator for about a year.

3 QUICK IDEAS

RECIPE

Brown butter–lemon caper sauce

HANDS-ON TIME 10 MINUTES
TOTAL TIME 10 MINUTES
SERVES 4

Heat 4 tablespoons **UNSALTED BUTTER** in a medium skillet over medium heat. Cook, stirring occasionally, until the butter foams and begins to brown, 6 to 8 minutes. Add 1 tablespoon each **LEMON JUICE** and **CAPERS**. Season with **SALT** and **PEPPER**. Serve over vegetables, such as grilled summer squash or steamed or roasted broccolini.

EASY UPGRADE

Leftovers for lunch

Combine $\frac{1}{3}$ cup **MAYONNAISE**, 2 tablespoons chopped **CAPERS**, 1 teaspoon **WHITE WINE VINEGAR**, **SALT**, and **PEPPER**. Serve with flaked leftover **FISH**, such as salmon, and thinly sliced **RED ONION** on **PUMPERNICKEL**.

EASY UPGRADE

Savory side dish

Toss 1 pound **BABY POTATOES** and 1 bunch trimmed **RADISHES** (halved, if large) with **OLIVE OIL**, **SALT**, and **PEPPER** on a large rimmed baking sheet. Roast at 400° F until tender, about 25 minutes. Top with **CAPERS** and chopped **CHIVES** and serve with **LEMON WEDGES**.

Written by Chris Morocco
Photograph by Aaron Dyer

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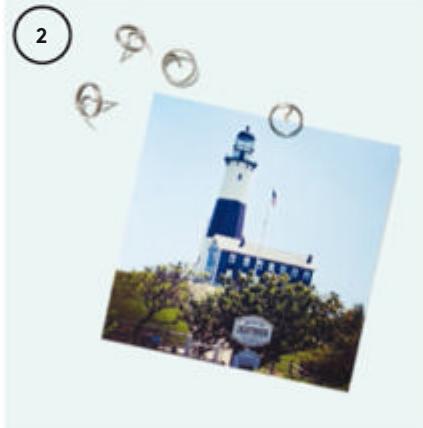
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Little Helpers

**4 ingenious products
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2 PAPER-CLIP PUSHPINS
These gems hold photos on a bulletin board without puncturing their perfection. \$9 for 25, ponitup.com.



Eco revamp TENDING THE LAWN

Yes, the grass can be greener—and healthier—on your own side of the fence.

PLANTING: Grow the right grass for your yard and climate. “If you plant a species that likes sun on a shady site, it takes more water, pesticide, and labor to stay alive,” says Clint Waltz, Ph.D., a turf-grass science professor at the University of Georgia. For advice, locate your extension office at nifa.usda.gov.

MOWING: Don’t take too much off the top. Mow at the highest height recommended for the grass you’re growing rather than cutting off a lot at once. Adjust the mower so it removes only the top third of the blades. This makes the grass more efficient at absorbing water and nutrients and creates a lusher lawn.

IRRIGATION: Water less frequently. “Most turf grasses tolerate moderately dry periods and need only about an inch of water per week,” says Waltz. How to tell if a lawn is thirsty? If it looks bluish or shows footprints, run the sprinkler. Water in the early morning or late afternoon to lose less water to evaporation.

PESTICIDES: According to the U.S. Environmental Protection Agency, home owners typically use 20 times more pesticides per acre than farmers do. Excess fertilizer can burn plants and pollute waterways. Test your soil’s pH, then learn the right amounts from your local extension office (see “planting”). —KAITLYN PIRIE



3 PUSH MUDDLER
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4 POPPING PLATTER
A newfangled way to make an old favorite: Pour regular kernels into this silicone tray, nuke, and serve. PopTop, \$26, amazon.com.

Written by
Tanya Christian
Photographs by
Philip Friedman



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Life Lessons

GOOD READ



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I WROTE MY FIRST NOVEL when I was 22. It was a mess—*Wuthering Heights* set in my high school, with a fire and some incest between unknowing siblings. I didn't know how to properly format dialogue or how to structure a plot or how to do anything else. Those were all details I planned to work out later—small potatoes. What mattered to me was that I wanted to be a novelist—and voilà, I had written a novel. I gave the book to my father to read, and within a day he left me a voice mail saying that it was terrific and that I was going to sell it for \$300,000.

This wasn't just totally pie-in-the-sky enthusiasm. Unlike most supportive parents, who taught French or counted out change at the bank, he knew the industry. My father was (and is) a successful novelist, so successful that he has never had to work

another job, a very rare thing in today's publishing landscape. He's published more than 20 books, most of them novels, most of them best sellers—the kinds of books you could buy in the bookstore or at the airport or even at the supermarket checkout counter, when such things existed. He wrote his first novel in his late 20s and sent it off to a single publisher, who bought it.

I wish I could say the same was true for me, that such luck ran in the family. Instead, and rather quickly, the book my father had so sweetly praised was rejected by

Photograph by Abelardo Morell

The write stuff

When *Emma Straub* was a struggling novelist, her best-selling novelist father showered her with praise. But after her success began to rival his? That's a different story (literally).



About the author

Emma Straub's best-selling novel, *The Vacationers*, is out now in paperback. (See Expertise, page 48, for more about the book.) She lives in New York City with her husband and son. Follow her @emmastraub.

every publisher in New York. After all was said and done, the book garnered about a hundred rejections—no small feat, given that the majority of books are published by five publishers. If there were a literary prize for Most Rejections, I would have won it, hands down. I was dismayed, of course, but I knew better than to wallow—writing wasn't an easy job, and if this book wasn't my ticket in, maybe the next one would be. I got back to work.

But this scenario happened again and again. I wrote books; my father read them and pronounced them wonderful, surefire hits...and then they wouldn't sell. Still, my dad's faith in me never wavered, even as I worked a host of other jobs—for a fancy cookbook publisher, at a clothing store for teens and tweens, as a personal assistant to a musician, in a bookstore. I even taught writing classes in my living room. Some of the jobs, like being a bookseller, were great and contributed to my writing life. Some, like selling overpriced jeans to 12-year-olds, were only good insofar as they were fodder for future stories. And they were—because it finally happened. I sold a book! I was going to make it big!

Sort of. My first book, a collection of stories, sold for a very modest amount of money—about enough to buy half of a fancy handbag. I was beyond thrilled. My parents came to every single event I did in

New York City, always in the front row, laughing loudly in all the right spots. And then shortly thereafter I sold a novel for what felt like a lot of money, enough for my husband and me to turn the dank basement of our house into an actual office space, complete with the hot pink cabinets of our dreams.

That's when things got weird. I was getting lots of press—magazines took my photograph and wrote articles about me, and I got asked to do zillions of events. Whenever I would call my dad to tell him about the new bits of press or things on the schedule, he would say, "Why didn't they ask *me* to do that?" As if it made sense for *Vogue* to ask him to write a short story inspired by one of the new fall trends. At first, it seemed funny, but then I realized that he was serious—he was actually jealous. "Why didn't they ask *me* to do this [any number of silly

events at bars in Brooklyn that he wouldn't have wanted to do in the first place?!" I think one of the problems was that my dad saw *everything* I did—he had Google Alerts set up for my name, so he'd often call to tell me that he'd seen something before I had.

When my first novel was brand-new and I still wore high heels to all my events, my father and I did one together in the fall. It was at a Barnes & Noble on the Upper East Side, and my dad hogged the microphone for a good two-thirds of the evening. It made me feel like a child who'd been given a seat at the grown-ups' table, only to be talked over and ignored. He's a great talker, and I love to listen to him, but for once I thought, *Hey, I'm here, too.*

My third book sold for enough money that suddenly it seemed like I might be able to do what my father did—make enough from my books to support my family, which now included my infant son. The week that it was published, my editor called to tell me that the book had made The List—the *New York Times'* Bestseller List. It was number 19, which meant that it was on the extended list and that my name wouldn't be printed in the newspaper. I was ready for Champagne and balloons, but when I told my dad I'd hit the list, he said something to the effect of "Well, not *really*..." When I protested, he assured me that being number 19 was still very good, something like winning Miss Congeniality at a beauty pageant, and that I was probably going to get onto the "real" list soon.

He copped to all this, eventually. Not that he was jealous, per se, but that the experience of seeing me succeed in his field was more complicated than he'd thought it would be. I don't think it had ever occurred to him that his feelings about my success as a writer could be anything but glitter and gold, and he was as surprised as I was.

Of course, complicated feelings rarely run in only one direction.

My dad hogged the microphone for a good two-thirds of the evening. It made me feel like a child who'd been given a seat at the grown-ups' table, only to be talked over and ignored.

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Real friendships aren't easy—they change and flex and bend over time and are shot through with jealousy and lots of other things we all try to ignore.

I recently read an interview between Sofia Coppola and Anjelica Huston, in which they talked about being the female offspring of powerful men in their field. Coppola described how she still feels like a kid around her father, that they're not professional equals. I certainly felt that way—my father has decades of experience on me—but all of a sudden we were both Writers. I was no longer aspiring, no longer a total naif. I was a professional, just like him. I think part of the problem is lack of a clear hierarchy—one isn't a Junior Writer or a Senior Writer or the CEO. Once you publish a book, you're a novelist, just like that, with no possibility of a title change on the horizon. I wonder how any 30-year veteran of a job would feel about their kid suddenly having the exact same position.

One of the great pleasures of my life has been my friendship with my father. But real friendships aren't easy—they change and flex and bend over time and are shot through with jealousy and lots of other things we all try to ignore. A few weeks ago, my dad and I went out for a quick dinner after an event I did with another writer. (He was in the third row this time.) It was cold, and we zipped across the street to a glorified diner. He ordered a chocolate milk shake, and we ate and talked. At the end of our meal, for no reason, he said something to me about how proud he was of me, and how much he loved me. His eyes were damp, and it wasn't because he was sorry to hit the bottom of his shake. That's where we are now—a bit soggy, sharing onion rings, right as rain. ■

LIFE LESSONS ESSAY CONTEST: WHAT SINGLE DECISION CHANGED YOUR LIFE?

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Modern Manners

REAL SIMPLE'S ETIQUETTE EXPERT,
CATHERINE NEWMAN, OFFERS HER BEST ADVICE
ON YOUR SOCIAL QUANDARIES.

My husband and I recently went out for dinner with another couple at an upscale restaurant. Both parties could easily pay for the meal. However, my husband asked the waiter, as he usually does, for the unpublished wine prices and the cost of the special of the day not listed on the menu. Is this socially acceptable?

A.T.

Absolutely. What's unacceptable, in my opinion, is a restaurant not listing wine prices or telling you the cost of the specials. I'm offended by the suggestion that money is, or should be, no object. And I can find no example of a manners columnist thinking it's anything other than good common sense to ask the price of a menu item. You would never hand over your credit card for a pair of shoes without knowing the cost; it should be no different for food. So ask away. You may well decide to splurge on that bottle of Châteauneuf-du-Pape, but at least you'll know what it's going to set you back. And if you're splitting the bill, your friends will be glad for the information as well. Nobody craves an unhappy surprise.

I work with an advisory board. One of the members is an accomplished, pleasant person, but he has the terrible habit of barking orders at me. I am in no way his secretary (not that this would make it OK), but I am often the person who manages logistics. Therefore I have to deal with his directives. He does this in meetings and via

reply all on e-mail. I find it maddening and degrading. I'm not sure how to remind him that "please" and "thank you" never hurt anyone. How do I ask him to speak to me politely?

S.T.

But you agreed to be his secretary, de facto, just by being a woman! Oh, wait. *No, you didn't*. And you're right to be maddened by this man's rude, patronizing behavior. Model politeness and try transparency. Take this person aside—or send him an e-mail—and describe your experience. "You're probably accustomed to being in charge at work," you might say. "But this is a more collaborative environment, and I would appreciate greater courtesy and respect in our interactions." That's what I would advise you to say. But I confess that my actual behavior has occasionally diverged from my own sensible advice. When I've received rudely imperative e-mails from coworkers, I have sometimes responded, "What's the magic word?" followed by—wait for it—a smiley-face emoticon. ("Sure, happily," I'll always add afterward.) Passive-aggressive? Maybe. Gracious? Not exactly. But sometimes a gentle, good-natured reprimand just feels so right.

I invited a friend and her family (her husband and two children) to vacation with us at my parents' home this summer. Then, at a party at my friend's house, she began discussing the trip in front of a friend of hers, who said our plans sounded like fun. My friend invited her—and her two children—to join





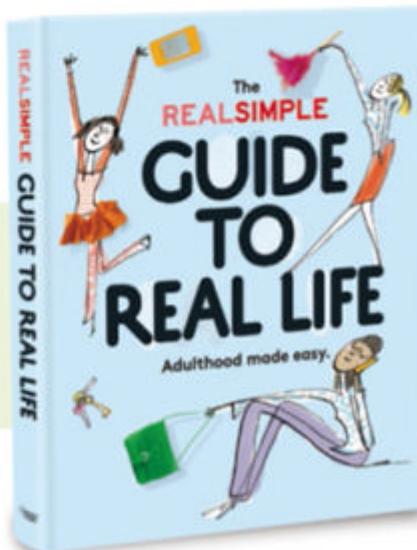
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us. She then turned and asked me, in front of her friend and others, if it was OK. I was caught off guard and said yes. But my parents are older, and I cannot expect them to feed all of these guests. How do I handle this situation without upsetting anyone?

A. M.

I'm a little stuck on the fact that your friend publicly discussed your plans, then offered up your parents' home without asking you first. She shouldn't have. And ideally you would have responded, "Oh, wouldn't that be nice? But my parents can't deal with such a huge houseful." But you were understandably taken by surprise. So call your friend and explain the situation, then call your friend's friend, apologize, and call off the plans. "I'm so sorry," you can say. "It sounded like fun, and I got caught up in the moment. But my parents are older, and it will be too much for them to have so many people in the house." You can suggest alternatives: Perhaps they might like to rent a nearby Airbnb place. Another thought: I once booked my parents a nice hotel room while a big group of us took over their apartment. We then reverse-hosted them for meals. Everyone had a great time—especially my parents.

My husband is an only child. My mother-in-law has become increasingly needy, constantly texting my husband, involving herself in our plans, and making excuses for my husband to stop by multiple times a week since her husband passed away over a year ago. My mother-in-law is a capable, professional woman who unfortunately has no other relatives or close friends to lean on. I know she is lonely, and I support my husband in being there for her, but he is overwhelmed. And the stress is taking a toll on our family. How can I help my husband set boundaries?

A. E.

Search for "intrusive mother-in-law" and you will get thousands of hits (472,000 when I Googled it). This is such an age-old problem that it's been parodied in countless sitcoms. It was probably depicted in cave paintings. Luckily for everyone involved, you sound like a compassionate and supportive partner, which puts you way ahead of the game, harmony-wise. Suggest that your husband start small. If he upsets her (backfire alert), he'll probably compensate by redoubling his attentions. "I'm having a hard

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of course you have to pay for it.



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I WANT TO LIKE YOU

How to handle irritating people with goodwill and grace, from Real Simple's editor in chief and a roster of experts.

THE LABOR OF LOVE

How to cope with the things that drive you crazy about the person you love.

ADULTHOOD MADE EASY

A recent grad seeks advice on salary negotiation, apartment hunting, and more of grown-up-life's firsts.

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time balancing the needs of work and my family," he can say. "It might help if we saw each other in a more scheduled way. Why don't you come over for dinner on Sundays? You'll have my full attention, rather than catching me at bad times during the week." He might also respond to all of her texts at once, at the end of his workday. If there are practical needs your husband is meeting—tech advice or yard work—suggest that he hire someone to take care of them. If your mother-in-law has too much time on her hands, encourage her to join a yoga class or a bridge game. The idea is to wean mother from son and compel her to develop new relationships. Your husband can't be his mother's primary partner; he's already yours.

When two people are in a conversation and a third party arrives, what is proper? Should they stop the conversation they're having and invite the new person into a new conversation? Or should they continue with their original conversation and let the person listen in?

J.M.

The goal is to make the person joining you feel welcome, and there are two good options. If you're gabbing about something with broad appeal, then loop her in. "We were just talking about how we're counting down the days until season three of *Orange Is the New Black*. Do you watch it?" If, on the other hand, you're discussing something that's either private or of unlikely relevance to her life, stop and (to avoid the awkward pause) say to your conversation mate: "We can finish this up later so we don't bore Jill to death with our marriage woes." Then change to a more general topic. One exception: If you are mere moments away from closure on a functional interaction—planning a meeting, say, or agreeing to a bake-sale venue—then go ahead and finish, but apologize to the third person. "Don't go anywhere! We're wrapping this up. Forgive our rudeness." But in general here—and everywhere—you'll want to err on the side of inclusivity.

HAVE AN ETIQUETTE QUESTION?

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5 best beach reads

Sure, you can hunker down with a nonfiction book about campaign financing. But if you want romance, humor, and transporting prose to go along with your Cuba libre, take a page from these experts.

2

SARA NELSON

Out of Africa,
by Isak Dinesen

It's a great romance. You have a true story of a strong woman, Karen Blixen (Isak Dinesen was her pen name), living on the land, but then there's also a dramatic love affair. In July, a new book is coming out that reminds me of *Out of Africa*—*Circling the Sun*, by Paula McLain. It is set in the same time period and is about Beryl Markham, who, like Blixen, defied her well-to-do European family to do something wild. She was an aviator, and—coincidentally—was involved with the same man, Denys Finch Hatton, whom Blixen was. That ties the stories together.

1

ELIN HILDERBRAND

The Vacationers,
by Emma Straub

A good beach read is something engaging that isn't too taxing on the brain. I love Faulkner. Faulkner is not a beach read. The best book I've read in the last year is *The Vacationers*. [Turn to page 37 for an essay by that book's author.] It's about a family trip to Spain, and everyone has issues. It's funny, sad, and poignant. I think it's the perfect book. But there are so many! *Maine*, by J. Courtney Sullivan, is a drama set in a family's old summer house. *The Night Circus*, by Erin Morgenstern—oh, gosh, it was like a drug. And *Euphoria*, by Lily King—it's based on Margaret Mead and her work in Papua New Guinea in the 1930s and has one of the best love triangles.

Written by
Rebecca Webber

Illustration by
Holly Wales

kindle

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3

MITCHELL KAPLAN
Tourist Season,
by Carl Hiaasen

Hiaasen is a South Florida native, and this was the first book he wrote as a solo author. It's fast-paced and has a lot of dark humor. You shake your head at these outrageous things that go on in the novel, and then, a week later, something just like it appears on the news here. Another Florida writer I love is Les Standiford. His book *Last Train to Paradise* is a nonfiction page-turner (yes) about developer Henry Flagler in the early 20th century and the building of a railway from Miami to Key West, which made it possible to hop to Cuba.

4

ELIZABETH KHURI CHANDLER
Beautiful Ruins,
by Jess Walter

If you want to escape a little bit, this is your book. It takes place near Cinque Terre, in Italy, and starts out in 1962, when an innkeeper meets a beautiful, dying actress. He falls in love with her, and then it goes back and forth in time. It has Italy; it has Hollywood; it has a sweeping scope. All of these great threads come together in a really entertaining way. I also go back to an old favorite: *The Buccaneers*, by Edith Wharton. But if you watch the habits of Goodreads users, people like beach reads that are gripping without any emotional stress. *Confessions of a Shopaholic*, by Sophie Kinsella, is popular.

5

AARON GARSOMBKE
Where'd You Go, Bernadette,
by Maria Semple

Semple was a writer for *Arrested Development* and *Ellen*, so you know this book is comical. It's about a girl who gets all A's in middle school, and her family promises her a reward. She wishes to go to Antarctica. But the mom has a social phobia and doesn't want to deal with it. It's great for the beach because much of it is written as e-mail correspondence, so you can read it in short bursts. You won't lose your place if you put it down to go snorkeling. Of course, if you're visiting us, I'd recommend the quintessential *Hawaii*, by James A. Michener. But it's 937 pages, so download it to an e-reader.

THE EXPERTS

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Sully
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the Guide

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POM-POM TOTE
Bring your boho-chic host a free-spirited spin on the straw satchel. Conveniently collapsible, too. Large Venice basket, \$90, elizagranstudio.com.

SUMMER GIFT GUIDE

Need help pegging the best presents for grads, dads, hosts, and newlyweds? With these standout ideas, success is in the bag.

SUMMER GIFT GUIDE

GIFTS FOR GRADS

THE GUIDE
home**1 SANDPROOF SPEAKER**

For when you don't know what to get a grad: a rubberized, Bluetooth-enabled speaker that plays loud enough to be heard over crashing waves. Pyle Jam Tunes Box, \$89, amazon.com.

2 COLOR-BLOCK CASE

Made of cotton canvas and embroidered wool, it's sized right for laptop-toting or corraling essentials. Scarpa Sunset clutch, \$56 (use the code **RSMP15**), leahsingh.bigcartel.com.

3 HANDSOME CRUISER

High quality at a low price point. This lightweight bike with a rustproof frame is easy to carry up the stairs to an apartment. Priority Bicycle, \$389 (use the code **RSBIKE**), prioritybicycles.com.

4 PADDED PICNIC BLANKET

Cushy cotton on top, water-resistant nylon on the bottom, and it rolls up smaller than a yoga mat. Fits four nature lovers (57 inches square). Trees and Tents blanket, \$53 (use the code **RS15**), artsymodern.com.

5 MINI DRONE

Who says the dorm-bound are too old for toys? This fun four-propeller RC copter is a no-brainer for study breaks. Axis Nano Drone, \$51 (use the code **RSMP15**), morrisoninnovations.com.

6 HANDBOOK FOR LIFE

Help forge a path with our new, comprehensive advice tome for twenty-somethings, with tips on landing a job, handling hangovers, surviving breakups, and more. *The Real Simple Guide to Real Life*, \$25, amazon.com.

7 BRASSY KEY HOLDER

First apartment? This artsy accessory keeps keys findable in the bottom of her biggest bag. Comes in four shape options. Contour key ring, \$16, areaware.com.

8 LEATHER-BOUND LOG

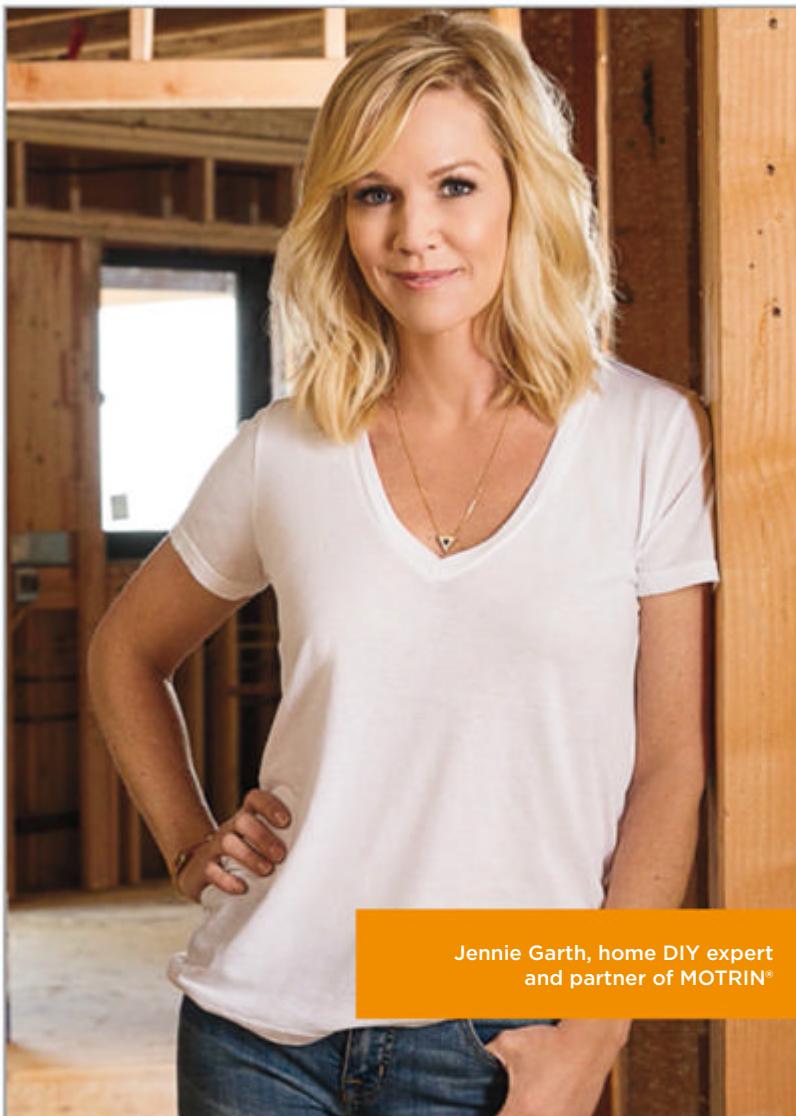
A cord-wrapped notebook that looks impressive on a desk and commands respect in the conference room. Miansai vintage cognac leather journal, \$68, miansai.com.

9 GLOBAL GOODIE BOX

Exotic treats (chocolates, jams, spreads) to round out his ramen collection. Each monthly delivery includes up to nine goodies from one locale. From \$28 for one month (use the code **REALSIMPLE30**), try theworld.com.

10 NO-GLARE GLASSES

Signal a bright future with color-banded, polarized-lens sunglasses from the ever charitable TOMS. TOMS Memphis Tortoise sunglasses, \$179, toms.com.



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GIFTS FOR DADS



1 BOAT SHOES LIKE BUTTAH
A lambskin lining and memory-foam padding make these supple slip-ons quietly indulgent. A perfectly updated classic. Sperry Gold Cup A/O 2-eye boat shoes, \$155, sperry.com.

2 HANDMADE MONEY CLIP
For the dad who's constantly being hit up for cash, a tactile tool to help ease the pain. Copper money clip, \$51 (use the code RSMP15), kaufmann-mercantile.com.

3 ICE CUBISTS
These geometric chillers go straight from freezer to highball glass, to keep libations cool without watering them down. Off duty, they're swanky bar decor. Drink Rocks shapes, \$35 for four, areaware.com.

4 DAD AND SON TRUNKS
Splashy but stylin' swim gear plus a mini version that lets junior follow suit. (How cute!) Tom & Teddy Blue Waves swimwear, \$95 for men's and \$55 for boy's, tomandteddy.com.

5 MINI MEAT SMOKER
A "grate" upgrade, this sleek stainless-steel grill-top cylinder gives steaks and burgers that richer flavor he's always going on about. Lynx Smoker box set, \$50, lynxgrills.com.

6 HIGH-END HEADPHONES
A luxurious leather-trimmed pair that will make him want to dig out his high school LPs. Massimo Dutti limited-edition headphones, \$180, massimodutti.com.

7 BLADES OF GLORY
Clean-cut types will prize this grooming set featuring a soothing, exquisitely scented shaving gel and an ergonomic metal razor with extra blades. Add a monogram for \$15 more. Winston shaving set with razor stand, \$45, harrys.com.

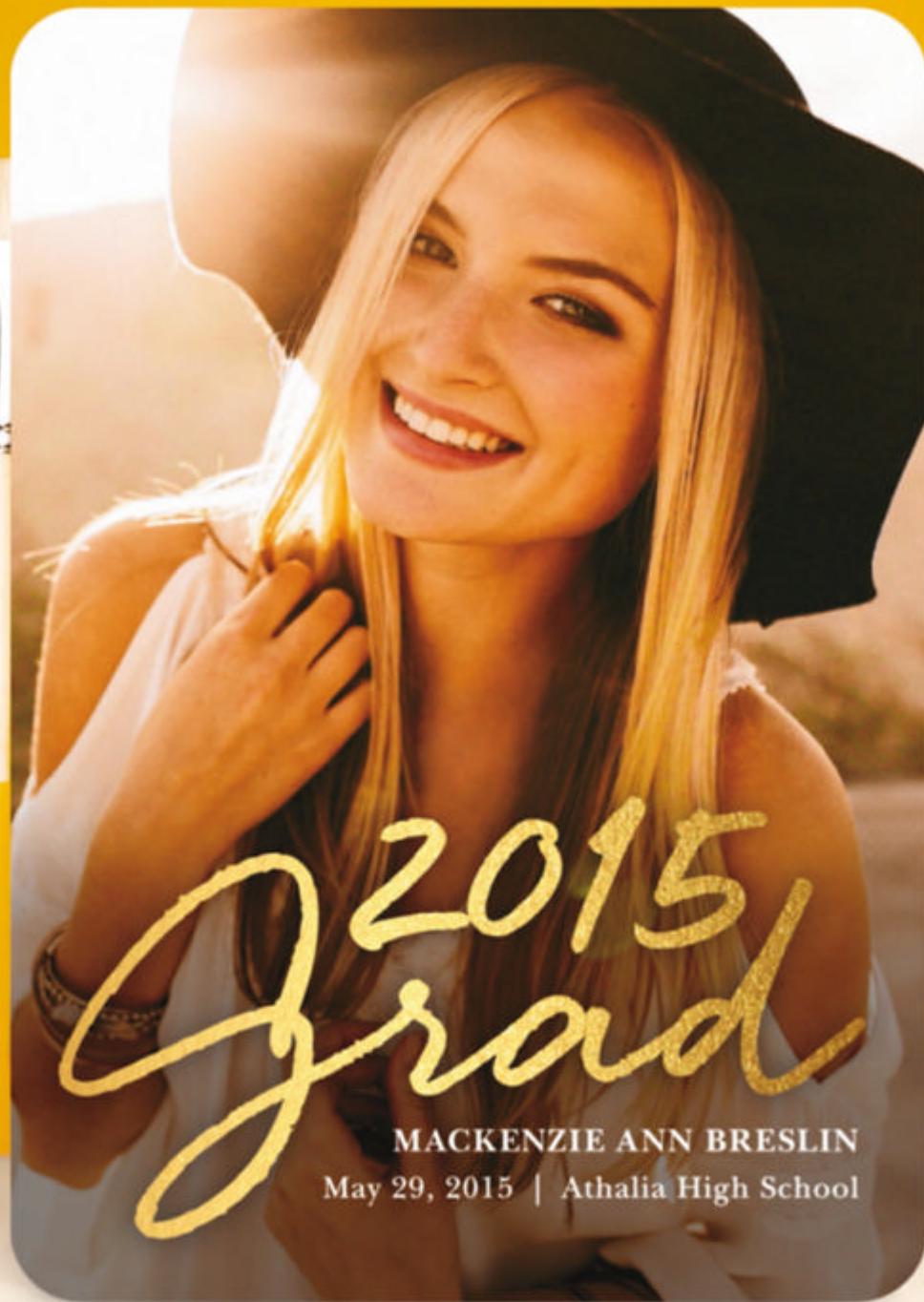
8 LORD OF THE FLIES
The ultimate offering for your frequent fisherman: a 16-lure case crafted in the Pacific Northwest from shearling-lined leather. Fly

Wallets, \$270 (use the code REALSIMPLE), flyfishing collaborative.org.

9 ATTACHÉ UPDATE
Swap out his battered briefcase for this cool carryall. It's built to last, with a water-resistant zip closure and a nylon exterior and padding inside to take good care of his laptop. Swims attaché, \$225, swims.com.

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SUMMER GIFT GUIDE

GIFTS FOR HOSTS

THE GUIDE
home**1 COUTURE FOR THE COOK**

The dinner-party doyenne will love this soft cotton chef's apron that's stylish enough to stay on throughout the meal. The Sandy apron, \$125, salthousemk.com.

2 PORCELAIN PLANTERS

These marbleized treasures hearken back to the 70s. Plunk tiny succulents inside for a modernist contrast. Marbled day-night planter, \$58, leah-ball.com.

3 COUNTRY-CLUB CLUTCH

A preppy accessory, canvas with leather accents, is ideal for meetings or jaunts around town. Comes in five colors, so you can find her favorite. Add a monogram for \$25. Muffie clutch, \$98, iomoi.com.

4 TRULY FRESH BERRIES

Plant the seed for a repeat invitation with this grow-your-own-berries patch—a fruitful gift for novice gardeners. Also comes in Lettuce and Trio of Herbs.

Strawberry windowsill box, \$58, bambeco.com.

5 WORTH ITS SALT

Gourmands will crush over this mortar and pestle carved from pink Himalayan salt (for real!). Enhances the flavor of food—and the personality of a kitchen counter. Himalayan-salt mortar and pestle, \$40, williams-sonoma.com.

6 GOLD PLATE(D)

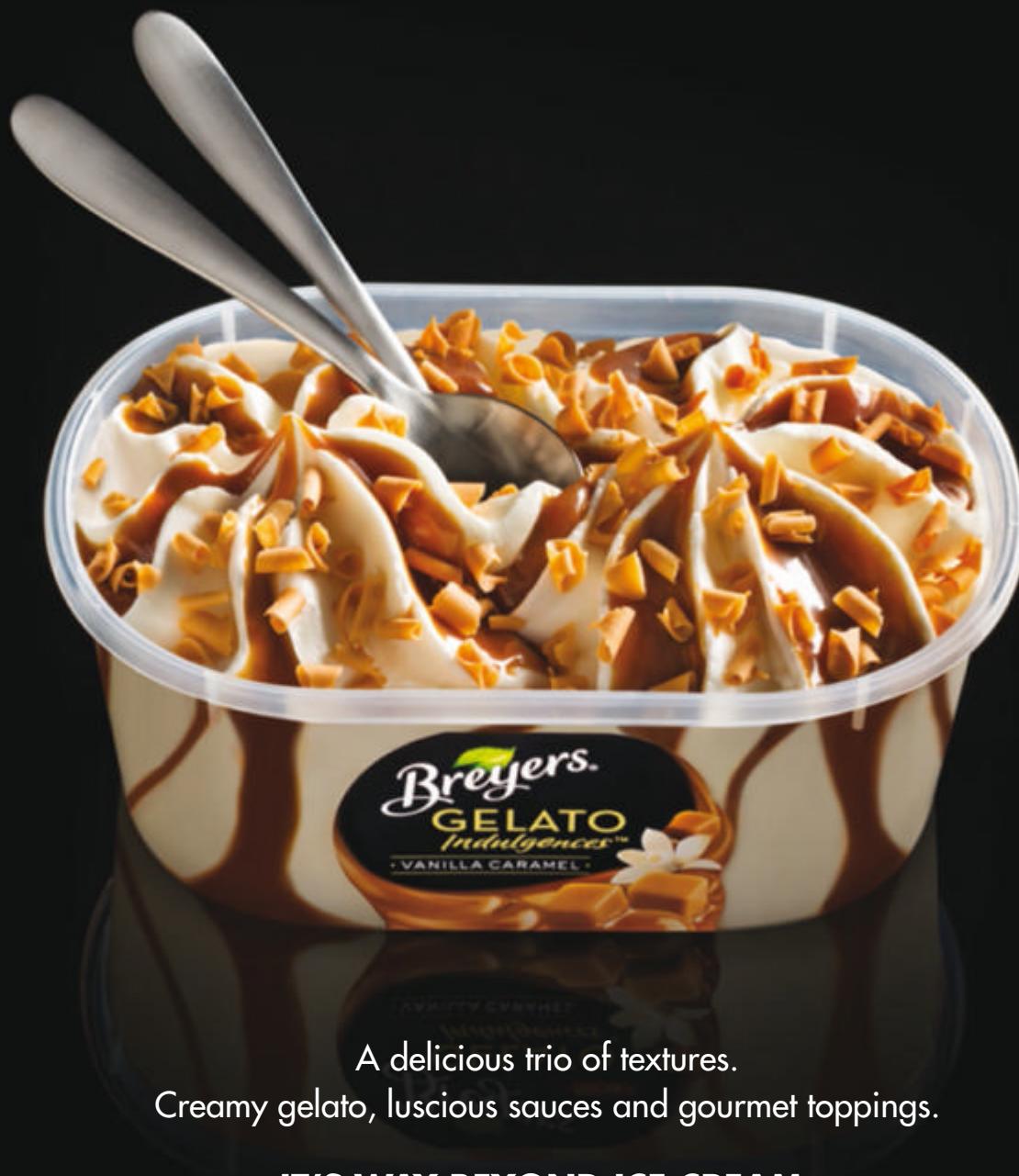
A five-piece set of luminous nesting dishes, made from brass that's been old wash-dipped, sparkles with gratitude and goes with any decor. Tom Dixon form bowls, \$90, abchome.com.

7 SOAP STARS

These nontoxic glycerine blocks boast some of the freshest scents ever—cucumber and cilantro, cedarwood and vanilla, even sea air. Give the

graphic stripes to your glam friend; the ombré to the earthy one. Wary Meyers soap, \$14 each, warymeyers.com.

YOUR GELATO MOMENT HAS ARRIVED

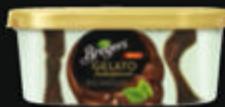


A delicious trio of textures.

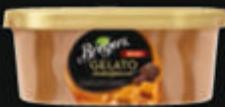
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THE GUIDE
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1 LITTLE BIT OF PARIS
Or Pamplona or Palm Springs... Choose from infinite options to give them a striking keepsake of a meaningful locale. Mapiful map (unframed), \$50 (use the code **RSMP10**), mapiful.com.

2 SATIN SLEEP SET
A retro boudoir ensemble—silky sleep shorts and a long-sleeve top—that makes bedtime more fun for everyone. Journelle Caron silk pj's, \$168, journelle.com.

3 TURKISH DELIGHTS
These versatile cotton throws are the sort of luxury people never buy for themselves. Comfy as a beach blanket, absorbent as a towel. Nine Space Bali throw (70 by 50 inches), \$76, wayfair.com/rsthrow.

4 THE PORSCHE OF PANS
A favorite of the RS food editors, this weighty, hand-crafted cast-iron skillet is an heirloom-in-the-making. The quick-cool handle is a plus. Finex 12-inch cast-iron set, \$270, finexusa.com.

5 POP-UP DESK TRAYS
These hand-sewn, nautical-feel canvas caddies unsnap to store flat when not in use. Ideal for small-space dwellers. Wax catchall trays, \$47 for small and \$64 for medium (use the code **RSMP15**), farmhousepottery.com.

6 SIX-PART SERVER
A glossy showpiece to dress up any table, whether they use it as a shellfish dish or a trinket tray. Oysteria half-dozen oyster plate, \$75, mignonfaget.com.

7 BBQ MEETS BENIHANA
They'll get fired up about this (outdoor!) tabletop tool that makes grilling even more social. Six people can cook at once. Party grill, \$149, uncommongoods.com.

8 SHIMMERY PLATTER
Whether they fill it with fruit, dinner rolls, or cupcakes, this braided server will become their go-to entertaining piece, because it makes everything more elegant. Rose-gold serving

platter (3 by 16½ inches), \$72 (use the code **REALSIMPLE20**), luluandgeorgia.com.

9 COUPLE'S CARRY-ONS
Travel totes for future adventures. In sturdy canvas from a top textile designer, these will go the long haul. Bedford bag, \$125, and Sister bag, \$150, sisterparishdesign.com.

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kid's-room roadblock
My son's play trucks are too big for our toy bins, so I line them up on the floor. But then I have to move each one to vacuum. What's a better setup?

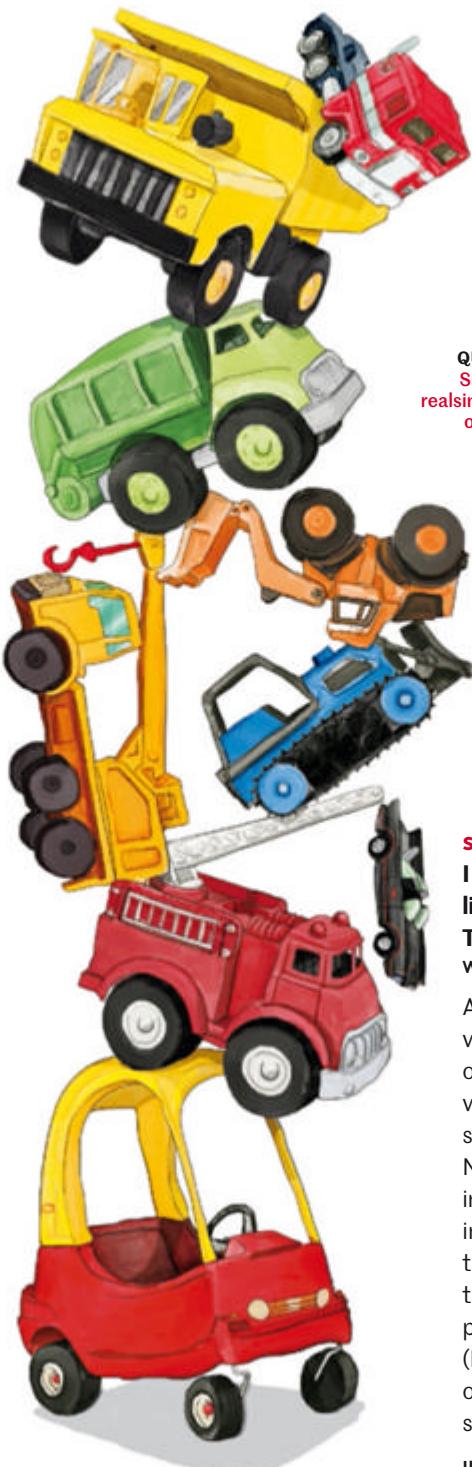
H.C.B., via Facebook

Using the floor as a parking garage is bound to drive you nuts. Instead, corral the vehicles in an oversize lidded trunk on casters (ECR4Kids 18-gallon Stor-n-Roll, \$114 for four, wayfair.com/RStrunk). That way, they'll stay accessible without becoming an eyesore, and when it's time to vacuum, you can easily roll them all out of the way at once. If you want to avoid the rollout hassle entirely, give the vehicles space on a piece of furniture that stays put—the inside of a storage bench or lined up on a deep bookshelf (at least 15 inches). Then you can vacuum right up to the furniture's edge. Just be sure to choose shelving with a lip (Jonti-Craft Mobile Adjustable Bookcase with Lip, \$412, schooloutfitters.com) to keep the vehicles from veering off.



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organizing](http://realsimple.com/organizing)

layout limitations

Our bathroom can hardly fit more than a tub and a pedestal sink. Any space-saving storage ideas?

G.B., via Facebook

The best way to bump up a small room's storage space is to max out the walls. Hang a few shelves or cabinets. I love Ikea's clean-lined, affordable options. Use them to contain toothbrushes, face wash, and cotton swabs. (If the walls are tiled, it's a good idea to hire a handyman to do the hanging, to avoid damage.) Even your hair dryer and styling tools can go up on the wall if you use humidity-resistant Command Bathroom Hooks to hang a caddy (Blow Away vanity organizer, \$8, organizeit.com). Another storage option: The often overlooked hallway area just outside the bathroom, if spacious enough, is an ideal spot for surplus supplies. Keep them in a wooden chest or trunk, or tuck extra, rolled-up towels into a basket under a narrow console.

shelf analysis

I don't like storing food containers with the lids on because they end up smelling bad. That leaves my cabinet a mess. What's the fix?

W.R., via Facebook

A container collection stays neater if you nest the vessels: Place the smaller bottoms inside the bigger ones in size order, and stack the lids beside them vertically, like books, keeping them upright in a sorter (Organize It All lid holder, \$9, amazon.com). Not enough room? Double your shelf space by adding a riser (Variera shelf insert, \$6, ikea.com), placing the container bottoms below and the lids on top. Even with one of these tidy setups, though, the pieces can still harbor odors if they're made of plastic, so consider replacing yours with glass ones (Bake 'n' Store dish with glass cover, \$13 for 5-cup, oneida.com). A unified set of containers in the same style will give your cabinet instant order.

Illustration by
The Ellaphant in the Room

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POUFS AND MORE

1



2



SWIVELS 360 DEGREES!

3 NICE TOUCH
Cooper leather folding stool
in slate (19 by 15½ by
17½ inches), \$650, serena
andlily.com.

4 TRIBAL REVIVAL
Illa cotton pouf in mango
(24 by 24 by 13 inches),
\$199, luluandgeorgia.com.

3



4



5



6

USE IT AS
A SEAT OR
A TABLE.

1 NEUTRAL MEETS NEON
Neon diamond pouf
in wool (13 by 22 inches),
\$199, westelm.com.

2 LUXE COWHIDE
Stockholm footstool in
natural cowhide leather
(23½ by 20½ by 16½
inches), \$279, ikea.com.

PERSONAL SHOPPER

SEATING

BENCHES



1



2

LIGHT,
AIRY LUCITE
KEEPS A
SMALL ENTRY
FROM FEELING
CRAMPED.

1 SHOWSTOPPING STEAL
Lucy bench by Safavieh
in wool (39.6 by 18.3
by 19.9 inches), \$149,
allmodern.com.

2 GILTY PLEASURE
Jacques bench in Lucite
and brushed brass (50 by
26 by 19 inches), \$1,800,
jonathanadler.com.



3

3 ORGANIC AND ARTSY
Sanibel double bench by
Jeffan in abaca and teak
(18 by 39 by 14 inches), \$219,
overstock.com.

4 X-TREME ELEGANCE
Nuevo Auguste Naugahyde
bench (17 3/4 by 47 1/4
by 17 3/4 inches), \$636,
wayfair.com/RSbench.



4

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5

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OR SHOES.



6

5 TREASURE CHEST
Lift storage bench (62
by 18 3/4 by 19 3/4 inches),
\$499, cb2.com.

6 FOR A HINT OF PRINT
Henderson printed
upholstered bench (48
by 20 by 17 inches),
\$369, urbanoutfitters.com.



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SEATING

CHAIRS

1 BEACH-HOUSE MOD
Pilar vintage leather chair with distressed-oak frame (25 by 32 by 30 inches), \$1,095, hdbuttercup.com.

2 SPINDLES MAKE IT SWEET
Jenny Lind chair in Denali denim (29 by 35 by 38 inches), \$999, landofnod.com.

3 TUFTED LOVE
Patterson Arm upholstered chair in ivory washed linen-cotton (36 by 37 $\frac{1}{2}$ by 37 $\frac{1}{4}$ inches), \$999, potterybarn.com.

4 WOVEN WONDER
Risom Lounge chair in natural cotton with ebonized maple frame (23 $\frac{3}{4}$ by 27 $\frac{3}{4}$ by 30 $\frac{1}{4}$ inches), \$1,270, knoll.com.

5 MIDCENTURY TRIBUTE
Leather sling butterfly chair (29 by 32 by 35 inches), \$199, pbteen.com.

6 GRACEFUL COMFORT
Graydon chair in Patton Aloe linen (31 by 34 by 38 inches), \$1,950, jaysonhome.com.

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THE PET EXPERTS

STEVEN APPELBAUM,
president of the
Animal Behavior
College, in Santa
Clarita, California.

LAURA JONES, D.V.M.,
Greylock Animal Hos-
pital, North Adams,
Massachusetts.

MICHAEL WELTZ, V.M.D.,
Astoria Veterinary
Group, Queens,
New York.

Q.

Diggity dog

My yard looks like a minefield because my nine-year-old Lab is constantly digging holes. How can I get him to stop?

V.C., via Facebook

A. Digging is a normal canine habit, especially when a dog is chasing gophers, prairie dogs, or rabbits, says animal-behavior expert Steven Appelbaum. "If that's the reason for your Lab's habit," he says, "once you humanely get rid of the burrowing animals, you'll

curtail the digging." Don't have a pest problem? Your Lab is probably digging to release excess energy or to find a cool spot to lie down. In either case, ending the behavior, or at least modifying it, is doable. Try giving him other things to do in the yard, like playing with treat-stuffed toys (Extreme Kong toy, \$15 for large, petco.com). To help him burn off energy, take him on long walks and play rigorous games, such as fetch. And if the cool spot seems to be what he's after? Consider a small wading pool (Spot

Cool Pool for Dogs, \$51, amazon.com). Fill it with an inch of water and set it in a shady spot. "Many dogs, especially water dogs, like Labs, will happily lie multiple times per day in the pool and lose the digging urge as a result," says Appelbaum. If he still doesn't stop, train him to dig only in a designated spot you've marked with rocks or shrubs by burying treats or toys there for him. To keep him from digging elsewhere, bury his waste there. (Yuck, maybe, but it works.) He should avoid the area altogether.

Q.

Kitty clash

Our 20-year-old cat hisses and swats at our eight-month-old cat. How can we help them get along?

A.B., via Facebook

A. Cats are a naturally solitary species, says veterinarian Laura Jones, so it's normal for bonding to take time (and effort). "Most of that time is about the younger cat learning to approach the elder calmly and coming to understand when play is acceptable and when to back off," says Appelbaum. To ease tension during that transition period, "offer vertical space where the old-timer can hide when she's not in the mood for interaction," says veterinarian Michael Weltz, who likes the PetPals Cat Perch (\$85, wayfair.com/RScatperch). If she has an escape, she won't feel the need to hiss and swat. When the cats do associate, praise both for friendly behavior. Give them some loving strokes or a treat as a reward. If you keep up the positive reinforcement, the two should be happily cohabitating within a few months.

Q.

Stranger danger

Whenever I take my seven-year-old cockapoo to the dog park, she barks at the other dogs and shakes if they come near her. What's the trick to helping her socialize?

D.M., via Facebook

A. It's very likely that she's shy or anxious, says Jones. To combat this, take her on joint walks with a dog she already knows and reward her good behavior afterward with praise or a small treat. This will boost her confidence. After a few weeks, build on this by bringing your pup near, but not into, the park, to a spot where she doesn't bark or shake. Move 5 to 15 feet closer each time you visit the park and keep rewarding her, says Appelbaum. Within weeks, she should begin to ignore the other dogs and focus on you and the reward. Also, if you know of a smaller run with dogs closer to her size, you might consider frequenting that one instead.

Written by Stephanie Sisco

Photograph by Nicholas Purcell

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Written by Jenny Jin
Photographs by Jens Mortensen

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► MEET THE
BLOGGER:
**JULIEANNA
HEVER**



Julieanna Hever is a registered dietitian whose private practice was founded almost 20 years ago in Los Angeles. Specializing in weight management, disease prevention, and sports nutrition, she is the host of Z Living Network's *What Would Julieanna Do?*, author of the brand new *The Vegiterranean Diet*, and best-selling book, *The Complete Idiot's Guide to Plant-Based Nutrition*, and co-author of *The Complete Idiot's Guide to Gluten-Free Vegan Cooking*. She has been featured on *The Dr. Oz Show*, *The Steve Harvey Show*, *Marie*, with Marie Osmond, TEDxConejo, and *Reluctantly Healthy*, while lecturing extensively throughout the United States and beyond.

FACEBOOK: Plant-Based Dietitian

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Problem spots

Suspicious moles aren't the only sign of skin cancer. Here's what you need to know about two all-too-common forms of the disease.



ANOTHER ZIT. That's what Laura Williams thought in 2006 when she saw a tiny spot on her forehead near her hairline. Williams, who was 24 at the time, was no stranger to breakouts. But this one didn't change size or color like a regular pimple, and when she tried popping it, it scabbed up and disappeared, then reappeared two weeks later. "That happened over and over again," says the Georgetown, Texas, resident, now 33. "I finally realized that I needed to see a doctor."

Over the next five years, because of job and insurance changes, she saw several physicians. Each dismissed the spot as eczema or actinic keratosis, which can be a precancerous condition. One doctor even tried to freeze it off with liquid nitrogen, yet the growth on her forehead refused to go away. In 2011, when a dermatologist admitted that the spot's constant scabbing over was a classic sign of cancer, Williams insisted on having it biopsied.

The most common cancers

Melanoma gets a lot of attention—and for good reason. "Although it accounts for only about 4 percent of new skin cancers, malignant melanoma is responsible for 75 percent of all skin cancer deaths," says dermatologist Elizabeth Hale, a vice president of the Skin Cancer Foundation. Melanoma can

Written by Kimberly Good

Illustrations by Ben Wiseman



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be fast and aggressive. An American dies of it every hour. Women under the age of 40 have a higher probability of developing it than any other cancer except breast cancer.

Even so, many women are in the dark about melanoma's two more common cousins, squamous cell carcinoma (SCC) and basal cell carcinoma (BCC)—the latter of which Williams was diagnosed with. According to the American Cancer Society, SCC makes up about 20 percent of skin cancer diagnoses, while BCC accounts for nearly 80 percent and is the most common form of any cancer in men and women, period. And no matter what your skin color or race, you have a 40 to 50 percent chance of developing BCC or SCC by age 65, according to the Skin Cancer Foundation.

BCC and SCC tend to grow slowly and rarely spread to other parts of the body, the way melanoma often does. (Five years after it first surfaced, Williams' cancer was successfully treated with surgery.) Left untreated, however, "they can grow and invade the bone or other tissues beneath the skin, heightening the chances for disfigurement and complicating treatment," says Hale.

The longer you wait to have BCC or SCC removed, the higher the odds that your appearance will be significantly affected. Shelley Baker lived with suspicious spots for 12 years before being diagnosed with advanced BCC. A family physician told the Inola, Oklahoma, resident, who is now 47, that the patches of scaly skin on her nose, temple, shoulders, and back were probably eczema or psoriasis and prescribed creams and oral steroids. Her skin never fully cleared up. "I was very self-conscious of my face," says Baker. "But I didn't get a second opinion until two years ago, when I began having sharp facial pain that made it impossible to apply makeup."

The pain was a tip-off that Baker was battling more than eczema: 28 percent of skin cancer lesions cause pain, and 37 percent itch. One particular spot on Baker's nose was a sign, too. "Basal cell and squamous cell carcinomas have a higher risk of aggressive behavior and recurrence in the face's 'H' zone: the lips, ears, nose, temple, and near the eyes," says Peggy A. Wu, the medical director of the dermatology department at Beth Israel Deaconess Medical Center, in Boston, and an assistant professor at Harvard Medical School.

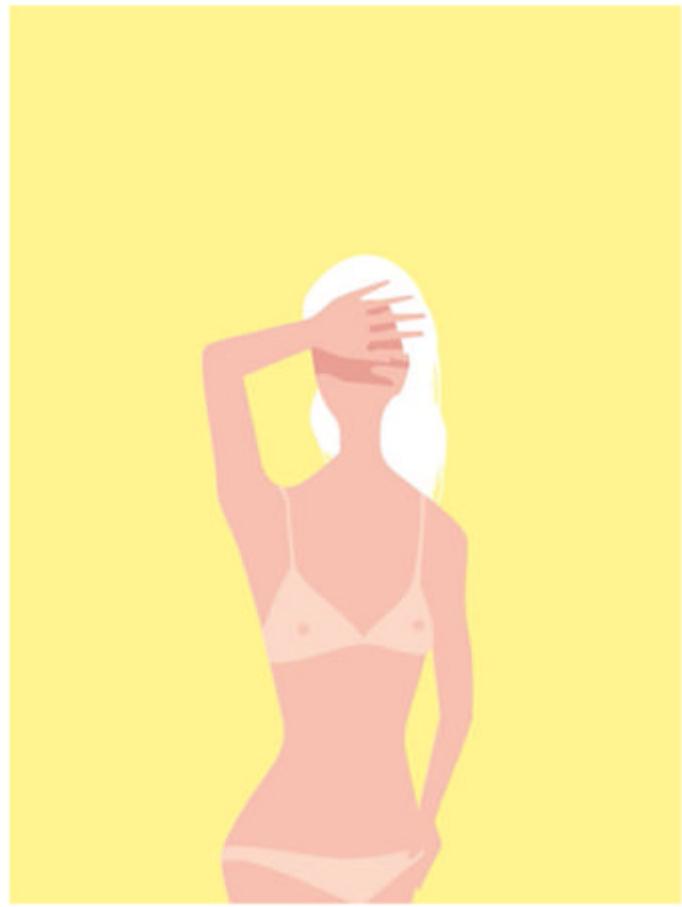
Baker's lesions were so advanced that she didn't have the option of Mohs micrographic surgery, which is a common way to treat BCC and SCC, with cure rates of 98 percent. (With Mohs, a surgeon removes one thin layer of tissue at a time and examines it for cancerous cells. Once the surgeon reaches a cancer-free layer, the surgery is over.)

Instead, she underwent a six-month regimen of an oral medication called Erivedge, which is approved by the Food and Drug Administration to treat advanced-stage BCC. Now she's using a silicone ointment to minimize scarring caused by BCC, which can leave lesions after the cancer itself is gone.

(Not) too young for skin cancer

BCC and SCC were once considered cancers of people middle-aged and older. Age does increase the risk, but so does unprotected sun exposure. That's why nonmelanoma cancers are on the rise among women under the age of 40. The most significant culprit: indoor tanning, which is

According to the American Cancer Society, squamous cell carcinoma makes up about 20 percent of skin cancer diagnoses, while basal cell carcinoma accounts for nearly 80 percent and is the most common form of any cancer in men and women, period.





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CAN YOU SPOT A PROBLEM?

With skin cancer, early detection is everything: The sooner you have a cancerous spot removed, the less likely it is to spread. Monthly self-exams are key. "If you see a new spot, whether it is brown, skin colored, or pearly, or scabbed and bleeding, see your dermatologist," says Joshua Zeichner, an assistant professor of dermatology at Mount Sinai Hospital, in New York City. Here's what to watch for.

Basal cell carcinoma (cancer in the deepest layer of the epidermis) may...

- Start as a pimple that won't go away or a cut that doesn't heal.
- Bleed or ooze if you scratch or squeeze it.
- Surface as a patch or an irritated area that sometimes crusts, itches, or hurts.
- Be a pink growth with a slightly elevated border, sometimes crusting or with an indentation in the center.
- Look like a scarlike area that is white, yellow, or waxy, often with poorly defined borders.

Squamous cell carcinoma (cancer in the upper layers of the epidermis) may...

- Look like a thick, scaly, wartlike patch.
- Bleed if bumped, scratched, or scraped.
- Appear on your lower lip, especially if you've smoked.
- Look like an elevated, craterlike growth that occasionally bleeds.
- Look like an open sore that bleeds and crusts, persisting for weeks.

responsible for up to 419,000 U.S. skin cancer cases annually, according to a 2014 *JAMA Dermatology* study. "Tanning booths expose you to far more ultraviolet light than the sun does," explains Wu. "And the UV output can vary up to 10 times from establishment to establishment and from tanning booth to tanning booth." Worse, your skin has an elephant-like memory: If you fake-baked just six times a year in high school and college, your risk of BCC and SCC is 73 percent higher today.

Nonmelanoma skin cancer often recurs. Unfortunately, that was the case for Williams, who had surgery for a second case of BCC last year. "I'll probably be treating skin cancer spots for the rest of my life," she says. The small comfort is that now Williams knows to press her dermatologist about anything that looks even remotely suspicious.



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2

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WORKS AS WELL AS SALON BRANDS



MAKEUP BAGS

Hold it! Five winning carryalls fit for your cosmetics.

Written by Jenny Jin

Photographs by Jens Mortensen

1 MOST STYLISH

Grace brush case by Stephanie Johnson

This Bollywood-print bag has a roomy interior and protective slots for brushes.

TO BUY: \$60, stephaniejohnson.com

2 PRO PICK

Actor Bag by Monda Studio

No more fumbling around for that lipstick: Makeup artists love this utilitarian vinyl bag because it's easy to clean and extremely lightweight.

TO BUY: \$10, nigelbeauty.com

3 BEST FOR ON-THE-GO

Atlas Blue dopp kit by Hudson + Bleeker

Whether you're headed to Jamaica or just the gym, this leatherlike pick looks and feels luxe. Bonus: The structured shape keeps bottles upright to prevent spills.

TO BUY: \$54, hudsonandbleeker.com

4 BEST BUDGET

Sonia Kashuk Face print soft cosmetic case

It's small enough (five by three inches) to fit in your purse, but this patterned polyester pouch "has room for all the daily essentials," said a tester. Powder spill? No problem. Just wipe with a wet towel.

TO BUY: \$7, target.com

5 MOST DURABLE

Breakups to Makeup clutch

Testers said these rugged canvas carriers "feel like they'll last a lifetime." The large, flat shape fits longer brush handles, and the quotations (choose from three) are pretty funny.

TO BUY: \$35, breakups.tomakeup.com



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The head-to-toe guide to natural remedies

Herbs, minerals, and even food can improve your health—often with minimal side effects. Say hello to your new medicine cabinet.

Written by Virginia Sole-Smith

Photographs by Jamie Chung

are

you feeling sluggish, achy, or otherwise, well, mediocre? Before you reach for one of the bottles in your bathroom cupboard, know that there may be a better way. Hundreds of scientific studies now confirm what holistic doctors, alternative-medicine experts, and your grandmother have known for years: Minerals, plant-based medicines, and many of the foods you already have in your kitchen have the potential to heal you as effectively as pharmacological options—and, in many cases, without the side effects

that can come with prescriptions and over-the-counter (OTC) drugs. “Americans take more pharmaceuticals than any other culture in the world today, and we aren’t any healthier for it,” says Chris Kilham, an ethnobotanist in Loverett, Massachusetts, and the author of *Tales From the Medicine Trail*. Herbs and plants sometimes offer a safer route to good health, he adds.

So where to start? First, when browsing the aisles at your local health-food store, keep in mind that not all natural remedies are created equal. The U.S. Food and Drug Administration (FDA) doesn’t regulate vitamins, minerals, and herbal supplements the same way that it does over-the-counter drugs, and when the agency does catch problems, “yanking products from shelves can take months, if it happens at all,” say Pieter Cohen, M.D., an internist at Cambridge Health Alliance, in Somerville, Massachusetts, and a leading expert on supplement safety.

There’s a lot you can do to reduce your risk of buying ineffective or contaminated supplements. “Avoid anything that makes health claims like ‘sexual enhancement’ or ‘joint protecting,’” says Pieter Cohen. Companies don’t have to prove the claims, and hyped supplements often contain subpar ingredients in amounts that differ from the label.

Similarly, skip multiple-ingredient products, like herbal blends. Studies by ConsumerLab.com, a company that provides independent test results on supplements, have shown that they tend to have the highest rates of contamination.

Also steer clear of any product labeled “proprietary blend.” That means the maker doesn’t have to list the amount of each ingredient, so you won’t know how much you’re getting. Instead, look for the NSF International or U.S. Pharmacopeial Convention (USP) certification or verification. Both organizations conduct stringent testing for label accuracy and product purity.

Finally, some supplements can interfere with prescription and OTC medications or may not be safe if you’re pregnant, nursing, or have a medical condition. Check with your physician or pharmacist before taking them.

Once you get your doctor’s go-ahead, consider these research-backed, expert-approved solutions that can help you boost your health—naturally.

THE EXPERTS

SUZY COHEN, R.PH., licensed pharmacist, functional-medicine practitioner, and author of *Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients—and Natural Ways to Restore Them.* (suzycohen.com)

TOD COOPERMAN, M.D., founder of ConsumerLab.com, which provides independent test results on nutritional supplements.

CHRIS KILHAM, founder of Medicine Hunter, Inc., and author of *Tales From the Medicine Trail: Tracking Down the Health Secrets of Shamans, Herbalists, Mystics, Yogis and Other Healers.* (medicinehunter.com)

FOR YOUR BRAIN

BUTTERBUR: People who supplemented with this herb reduced migraine frequency by 48 percent in four months, found a 2004 *Neurology* study. No surprise, the American Academy of Neurology and the American Headache Society gave butterbur a Level A rating—the highest for migraine prevention. Scientists think it may reduce headache-triggering inflammation.

DOSE: 50 to 75 milligrams twice a day.

CHECK THE LABEL: Choose an extract containing 7.5 percent petasin that’s free of pyrrolizidine alkaloids, which can harm your liver.

MAGNESIUM: This mineral, which plays a role in hundreds of bodily functions, may help prevent migraines and relieve insomnia by relaxing blood vessels and muscles. It’s also helpful if you’re prone to sleep-disturbing leg cramps.

DOSE: 200 to 400 milligrams of magnesium citrate daily.

CHECK THE LABEL: Choose magnesium citrate. Avoid supplements labeled “magnesium oxide,” which can cause diarrhea.

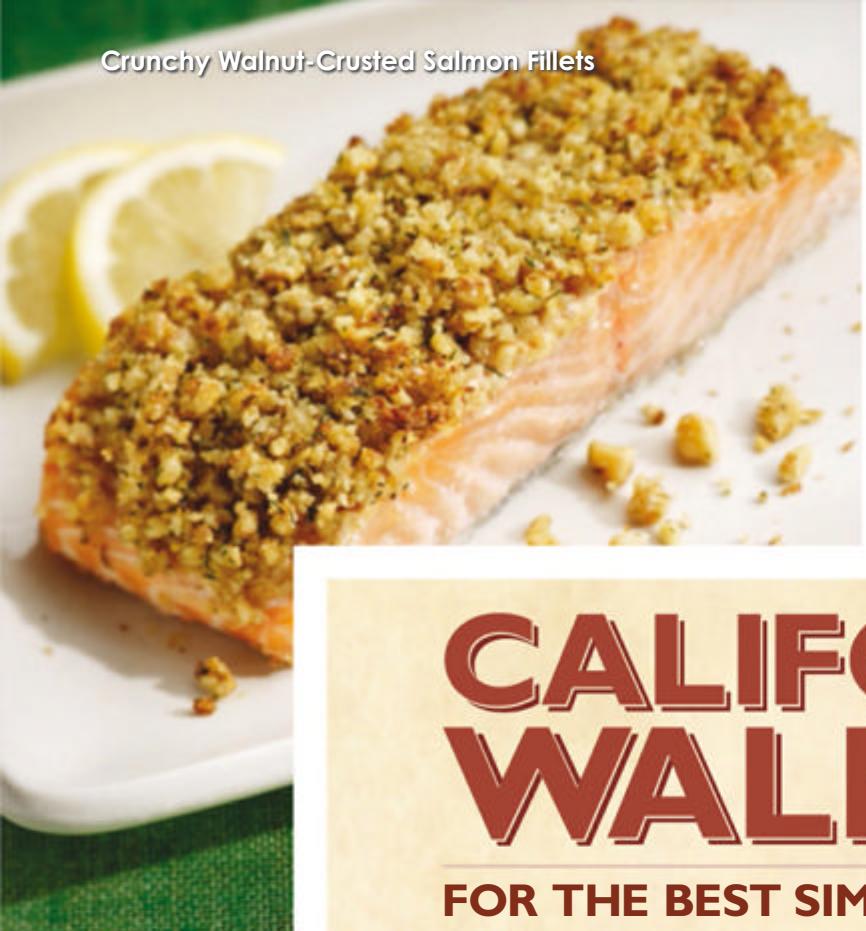
MELATONIN: Insomnia? Research shows that a nightly dose of melatonin can help reset your body’s circadian rhythms (your internal clock) and improve your slumber. Melatonin, which is a hormone that your body also makes on its own, works by suppressing cortisol, the “stay awake” stress hormone.

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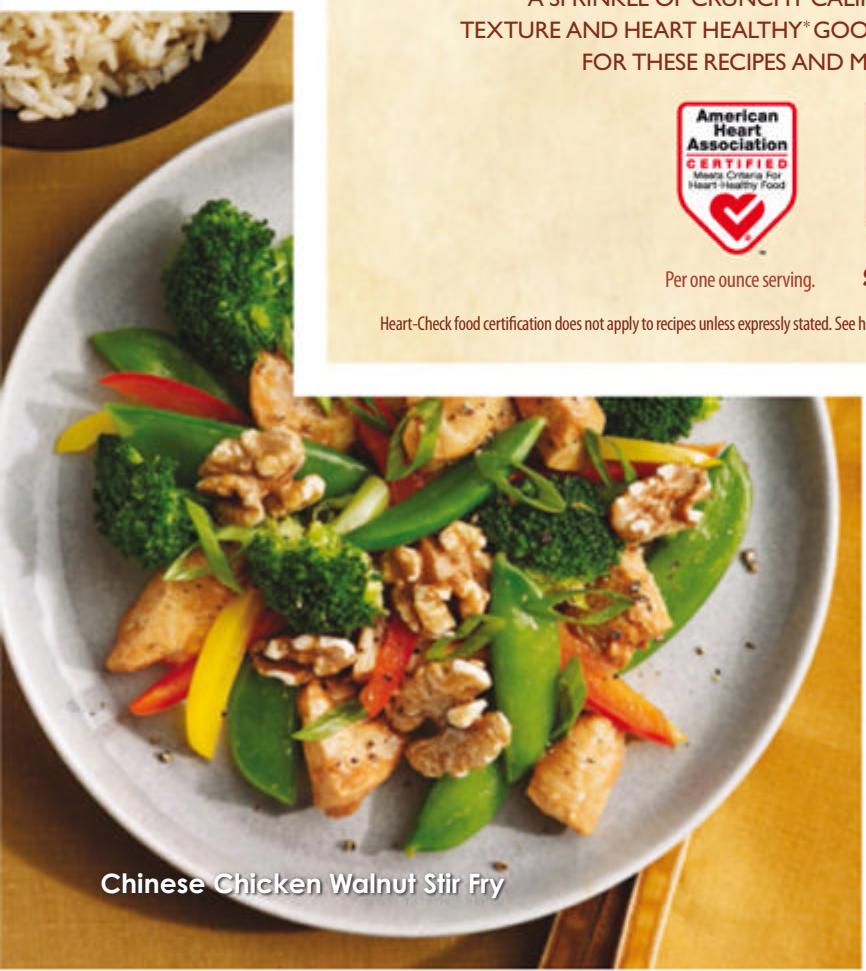
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walnuts.org

Chinese Chicken Walnut Stir Fry



Walnut-Goat Cheese Stuffed Chicken Breasts



*Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant based omega-3.

Eurasia, it reduces stress and fatigue, improves mental focus, and fights depression, according to at least a dozen studies. It appears to work by reducing stress hormones, such as cortisol.

DOSE: Rhodiola can be stimulating, so start with 150 to 250 milligrams each morning for five days, then increase gradually to 300 to 500 milligrams a day.

CHECK THE LABEL: Choose extracts that contain 3 to 5 percent rosavin and 0.8 to 1.0 percent salidroside.

SAGE: Studies show this common herb, in supplement form, improves mood and memory. Sage seems to have a positive impact on the brain's neurotransmitters.

DOSE: 400 milligrams daily.

FOR YOUR EYES

LUTEIN AND ZEAXANTHIN: Found in leafy green vegetables, this antioxidant duo accumulates in the retinas, the light-sensitive tissue of the eyes, where it prevents damage that could otherwise cause age-related macular degeneration (AMD). Studies conducted at the National Eye Institute showed that a daily lutein and zeaxanthin supplement may reduce the risk of AMD by up to 20 percent.

DOSE: Opt for a supplement containing 10 milligrams of lutein and 2 milligrams of zeaxanthin, or eat one cup of cooked kale, spinach, or collard greens a day. Heating these vegetables makes it easier for the body to absorb the nutrients.

OMEGA-3 FATTY ACIDS: These ultra-healthy fats (found in fatty fish, flaxseed, and walnuts) may protect the retinas from inflammation and reduce the risk of age-related vision problems, according to a 2011 *Journal of Nutrition and Metabolism* study. Omega-3's also help lubricate dry eyes.

DOSE: Fatty fish, like salmon and mackerel, is the best source of omega-3's. Eat two to three four-ounce servings a week, or supplement daily with 500 to 1,000 milligrams of EPA and DHA, which are beneficial, fish-based forms of omega-3 fatty acids.

FOR YOUR NOSE AND SINUSES

BUTTERBUR: Butterbur relieves seasonal allergies by shrinking swollen nasal membranes and blocking the release of histamine, the chemical that triggers sniffles.

COCONUT OIL
Once scorned for its saturated fat, coconut oil is now a bona fide health food. Not only does it play a role in weight loss and heart health but researchers are also investigating whether it may help treat dementia.

Several studies have shown that butterbur can be as effective as popular allergy drugs.

DOSE: 50 to 75 milligrams twice a day.

CHECK THE LABEL: Choose an extract that contains 7.5 percent petasin and that's free of pyrrolizidine alkaloids.

ECHINACEA: Made from purple coneflowers, echinacea contains phytochemicals that may possess antiviral activities and stimulate the immune system. That's why research shows it may reduce the severity and duration of a cold.

DOSE: 700 milligrams three to four times during the day until symptoms like sniffing and coughing have cleared up.

CHECK THE LABEL: Buy *Echinacea purpurea*, which is made from the above-ground parts of the coneflower.

ZINC: This mineral prevents cold-causing viruses from multiplying, which is why it can shorten the duration of a cold by a full day, especially if you take it in the first 24 hours after you become ill.

DOSE: The minute you feel the tingle of a cold, suck on zinc lozenges containing 13 to 23 milligrams of zinc gluconate or zinc acetate every two to three hours. Zinc can leave a metallic taste in your mouth and



cause an upset stomach, but if you use it only while you're sick, the side effects will disappear once you stop taking it. Don't take zinc for more than 10 days, as it can inhibit absorption of copper.

FOR YOUR MOUTH

VITAMIN B12: Frequent canker sores? Supplementing with this B vitamin could help. Experts aren't sure why, but some believe canker sores are a sign of a B12 deficiency.

DOSE: Take 1,000 micrograms before bed.

LEMON BALM: Applying lemon-balm cream to a cold sore right after it surfaces helps it to heal faster, according to research published in the journal *Phytomedicine*. Scientists speculate that the mintlike herb has antiviral properties.

DOSE: Apply one drop of lemon-balm essential oil or a cream containing 1 percent lemon-balm extract five times a day.

FOR YOUR HEART

CHOCOLATE: A daily dose of the dark stuff may reduce the risk of atherosclerosis.



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sis (hardening of the arteries) by improving blood flow, according to a 2014 study from Wageningen University, in the Netherlands. The secret? Cocoa is chock-full of antioxidants.

DOSE: About an ounce a day, which is usually a few squares. Look at the package to be sure.

CHECK THE LABEL: Choose chocolate made from at least 70 percent non-alkalized (also called non-dutched) cocoa.

COENZYME Q10 (CoQ10): This antioxidant is found in every tissue in your body. Its highest concentrations are in the heart, where it plays a key role in regulating blood pressure. Your natural supply of CoQ10 decreases with age, but if you have hypertension, supplementing daily may reduce your systolic blood pressure by approximately 10 percent, according to a 2007 *Journal of Human Hypertension* study. It also helps people with congestive heart failure to avoid additional heart problems.

DOSE: 100 to 200 milligrams daily. If you have congestive heart failure, take 400 to 800 milligrams. If the brand you purchase contains a form of CoQ10 called "ubiquinol," halve the dose.

CHECK THE LABEL: For best absorption, choose soft-gel or chewable tablets, and take it with a meal.

GARLIC: Garlic worked better than a placebo in reducing high blood pressure, according to a 2008 study published in the journal *BMC Cardiovascular Disorders*. Researchers cite its sulfuric compounds, which may improve immunity, too.

DOSE: Eat one to two cloves of raw garlic daily. (You can add it to a pesto or salad dressings.) Or take 300 milligrams of dried-garlic-powder tablets two to three times a day.

FOR YOUR STOMACH

APPLES: If you're prone to constipation, "an apple a day will make you go more easily, thanks to its high water and fiber content," says Kilham. Peaches, pears, dried figs, and prunes also work as natural laxatives.

DOSE: One or more apples daily.

GINGER: Numerous studies show that ginger reduces nausea and morning sickness. The spicy root's antispasmodic effects also ease an upset stomach.

DOSE: Take a 500-milligram capsule two to three times a day, as needed. Or try

crystallized ginger chews, or sip ginger tea. However, dried ginger works best for nausea and vomiting.

CHECK THE LABEL: If you're pregnant, don't take any product that lists "ginger extract," a concentrated form of ginger that can be unsafe during pregnancy.

PEPPERMINT: If you suffer from irritable bowel syndrome or chronic stomach pain, taking peppermint oil before a meal can reduce intestinal cramping and bloating better than a placebo, according to a *British Medical Journal* study.

DOSE: Take an enteric-coated capsule containing 0.2 milliliter of peppermint oil about 30 minutes before each meal. The coating allows the oil to reach the intestines more quickly. Peppermint tea can help with general stomach upset, but if you suffer from heartburn, be cautious: Peppermint can cause flare-ups.

FOR YOUR SKIN

ARNICA: Arnica ointment may help bruises heal faster. It also reduces inflammation and pain.

DOSE: Apply several times daily.

CALENDULA: In addition to helping bruises clear up faster, this marigold-derived extract has antibacterial properties that reduce the risk of infection in open wounds.

DOSE: Apply a cream, ointment, or gel with calendula several times daily.

HONEY: Applied topically, honey is antibacterial and promotes wound healing.

DOSE: Buy commercially prepared honey compresses, or make your own by pasting $\frac{1}{2}$ ounce honey onto a gauze pad and applying it to the affected area. Change the dressing twice a day.

OATMEAL: Oatmeal can relieve itchy rashes, like poison ivy and eczema, and the sting of sunburn. "Oats contain a group of compounds called avenanthramides, which block the release of histamine, dramatically reducing redness and itching," says Tieraona Low Dog, M.D., the author of *Healthy at Home: Get Well and Stay Well Without Prescriptions*.

DOSE: Make a sachet by mixing 1 cup rolled oats with $\frac{1}{4}$ cup baking soda and filling the foot from an old pair of pantyhose. Tie the sachet at the end and drop it in a warm bath. Soak your body for 20 to 30 minutes. Repeat as needed.



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Do not use on cats.



TAMANU OIL: Native to the South Pacific islands, this oil is high in anti-inflammatory fatty acids and may spur the growth of new, healthier tissue. Kilham uses it to treat acne, bug bites, stretch marks, sunburns, warts, and minor wounds.

DOSE: One hundred percent tamanu oil is available at health-food stores. Dilute it by adding a few drops to your own lotion, or massage it directly into skin. Apply several times daily. Avoid if you're pregnant or nursing.

TEA-TREE OIL: Made from the leaves of a tree found on the northeast coast of Australia, this oil has antibacterial and antifungal properties that help heal acne, athlete's foot, nail funguses, and dandruff, according to a 2006 *Clinical Microbiology* study.

DOSE: Dab a drop of oil directly on your skin several times daily. The 2006 study focused on gels containing 5 percent tea-tree oil, but Low Dog recommends using 25 percent to treat tough conditions, like athlete's foot.

FOR YOUR PELVIS

BORIC ACID: Derived from a volcanic mineral called sassolite, this natural antibacterial agent was found to be just as effective as standard OTC suppositories in treating yeast infections, but with few side effects, according to a 2011 *Journal of Women's Health* review of 14 studies. **DOSE:** "Fill each capsule with 500 to 600 milligrams and insert one into your vagina every day for five to seven days," says Low Dog. (You can buy boric acid and empty gelatin capsules at most pharmacies.) Never take boric acid by mouth, and don't use it if you're pregnant.

CRANBERRY EXTRACT: The tart berry contains antioxidants that can help you recover from a urinary tract infection (UTI) faster. Although the antioxidants don't kill the UTI-causing bacteria, they make it difficult for the bacteria to cling to the wall of the urinary tract, so they can be expelled when you urinate. **DOSE:** Take an 800- to 1,000-milligram cranberry capsule daily, or drink a glass of pure, unsweetened cranberry juice daily.

HONEY
Used as a medicine since ancient times, honey helps heal wounds. And research shows that a teaspoon of the sweet stuff soothes a stubborn cough as effectively as OTC medications do.

OMEGA-3 FATTY ACIDS: These inflammation-easing fats can dramatically reduce menstrual cramps in just three months, says Low Dog.

DOSE: A 1- to 2-gram supplement daily.

FOR YOUR WHOLE BODY

COCONUT OIL: Research suggests that coconut oil may play a role in weight loss. Its medium-chain triglycerides, a type of saturated fat, tend to be burned for fuel instead of stored, the way some other fats are. In addition, a study published in *Asia Pacific Journal of Clinical Nutrition* found that premenopausal women who ate coconut oil had higher levels of "good" HDL cholesterol. Coconut oil makes a great moisturizer, too.

DOSE: Include a teaspoon or so in your daily diet. When using it topically, massage it directly into skin.

COFFEE: "Aside from water, it's the healthiest beverage you can drink," says Kilham. "Data shows that its antioxidant content enhances heart health and reduces the risk for many cancers."



[including breast and colon] and neurodegenerative disorders, like Parkinson's disease." And every cup you drink lowers your risk of type 2 diabetes by 7 percent, according to a 2011 *Journal of Agricultural and Food Chemistry* study.

DOSE: Drink it as you like it, but if you suffer from anxiety, high blood pressure, or insomnia, switch to decaf. You'll get the same benefits without the jitters.

CURCUMIN: Derived from turmeric root (a primary ingredient in curry powder), curcumin reduces inflammation. That's why it's been shown to be more effective than ibuprofen and naproxen in pain-relief studies, and it doesn't pose the same risk for liver and kidney damage that the over-the-counter meds do. Research also shows that it offers relief for rheumatoid arthritis, osteoarthritis, and headaches, and may help treat depression, asthma, and psoriasis.

DOSE: Take 1 to 3 grams daily.

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The real deal with birth order

Why do the stereotypes exist? And are our personalities predestined accordingly? Experts—and three sets of siblings—set us straight.

HERE'S THE THING about birth-order myths: They don't just make fascinating cocktail-party talk. (*You are totally a middle child!*) There are solid psychological reasons why many fit the mold. And yet for every classic firstborn CEO, there's one strumming a ukulele in Samoa without a care or college degree in the world. It's time to discuss why. (Plus, it's fun.) No wet willies, OK?

Written by Ingela Ratledge
Photographs by Lauren Fleishman

THE CAIAZZO SIBLINGS

From left: Rose Campagna, 81; Mary Buonagure, 80; John Caiazzo, 78; Ann Yodice, 75; and Dolores Slater, 66.

"I did get a lot of attention for being the only boy. But believe me—Dolores got away with a lot more than the rest of us."

—JOHN

"Since John was the closest to my age, I always tagged along with him and his friends. I was a tomboy."

—ANN

"I was one to stretch the rules and go out with friends. Mary took on the motherly role with Dolores."

—ROSE

"My mother said raising Rose, me, and John was like having triplets. I was John's protector."

—MARY

"There were perks to being the youngest. I didn't have to share! I had my own bike and roller skates."

—DOLORES

What you've heard

The truth behind the most common birth-order myths—and the exception to every rule.

THE FIRSTBORN

Stereotype: Natural leader, ambitious, responsible.

Why it's true: The eldest, for a while, has no competition for time (or books or baby banter) with Mom and Dad. "There's a benefit to all of that undiluted attention. A 2007 study in Norway showed that firstborns had two to three more IQ points than the next child," says Frank J. Sulloway, Ph.D., the author of *Born to Rebel*. Firstborns tend to be surrogate parents when other sibs arrive, hence their protective and responsible nature.

When it's not: Parents can set high expectations for a first (or only) child. "When he feels like he has disappointed his parents or can't measure up, he may veer off in another direction," says Kevin Leman, Ph.D., a psychologist and the author of *The Birth Order Book*.

THE MIDDLE CHILD

Stereotype: Social butterfly, peacekeeper, fairness-obsessed.

Why it's true: "Middle-borns don't have the rights of the oldest or the privileges of the youngest," says Catherine Salmon, Ph.D., a coauthor of *The Secret Power of Middle Children*. As a result, they become experts at negotiation and compromise. They also tend to lean on their friends, as their parents' attention is often focused on the oldest or youngest child.

When it's not: If the oldest doesn't act the part, "it creates a job vacancy," says Salmon. "Donald Trump is a middle with a firstborn

"If you met me on the street, you'd guess I'm the oldest. I'm a perfectionist and fiercely protective. But John is like an oldest, too. He's a total overachiever. JJ is a typical middle child, social and funny."

—SARA

"I was nervous when John was born, that I would have to give up being the favorite. But I'm still the favorite."

—JJ

"Being the youngest probably gave me my 'I'll show 'em' attitude. I had to be faster to keep up."

—JOHN

brother who didn't fit the role. Donald usurped it." And what if there are several middle children? "There's a principle that each child is trying to be different from the one immediately older," says Salmon. "So if you had three middles, the first and third would likely be a bit more similar to each other than to the very middle child."

THE BABY

Stereotype: Free spirit, risk taker, charming.

Why it's true: Parents are less cautious. (*Hey, the older ones ate the dog's food and lived!*) And they also probably have more resources than they did when starting out. "Parents

are more lenient, so youngest kids tend to be less rules-oriented, and yet they still get lots of attention," says Salmon.

When it's not: "Some babies resent not being taken seriously," says Linda Campbell, a professor of counseling and human development at the University of Georgia, in Athens. "They might become very responsible, like the oldest, or social, like the middle."



THE MASCARI SIBLINGS

From left:
JJ Mascari, 36;
Sara Mascari
Gresh, 38; and
John Mascari, 29.



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YEARS BETWEEN KIDS ACTS AS A RESET BUTTON, KICKING OFF A NEW FIRSTBORN.

What throws it all off

Don't feel like your birth order? You're not alone. According to the White-Campbell Psychological Birth Order Inventory (or PBOI)—a test developed to measure whether people are a "fit" for their rank—only 23 percent of women and 15 percent of men are a true match. Here are the major disruptors.

TEMPERAMENT

Nothing affects personality development more than genetics. Roughly half of your personality is the temperament you're born with, says Sulloway. And that's why where you fall in your family or how early you had to start sharing blocks is only part of the pie. A child's temperament can trump birth order—or at least blur the lines. Firstborns, in particular, are expected to succeed at whatever the family prizes most. (*Son, you come from a long line of politicians...*) So when they aren't well suited, it turns into a sibling free-for-all. "If the firstborn can't excel at what the family values, for example, that position could shift to another child," says Salmon.

"I'm more even-keeled than Vinoo. I get jealous sometimes of how much joy he experiences. I carry more guilt about being a good son or brother."

—VIVEK

"Without Vivek's encouragement and protection, I wouldn't be who I am. I moved to New York after college entirely because he let me live with him."

—VINOO

GENDER

"Gender is a significant influence when it comes to the birth role that one develops within the family," says Alan E. Stewart, Ph.D., who researches birth order at the University of Georgia. For example, Andrew is a by-the-numbers, achievement-driven firstborn. When Annie comes along, she doesn't have to worry about carving out her own identity or living in his shadow the same way that another boy would. She's already fundamentally different. The result: "When the first two children are different genders, they often both behave like firstborns," says Leman. In fact, the second-

born could even eclipse the eldest. "If there's a high value being placed on one gender over the other, the dynamic gets disrupted," says Salmon. (P.S. In larger families with a lone girl or boy, that "exotic" status will also enable the child to escape his or her stratum.)

PHYSICALITY

Age and size advantage frequently go hand in hand, so older kids get to boss



younger ones around because they're bigger. Except if you happen to have a slight eldest child or an especially robust middle or youngest. In that case, the power dynamic can flip-flop, says Leman.

SPECIALNESS

Yes, yes, they're all special. But when one child is a violin prodigy or an Olympic gymnast, she tends to get the prime treatment (and pressure) of a firstborn, no matter her actual spot. "For the chosen one, being special will negate other birth-order things, like middle-child syndrome," says Leman. If that happens, other siblings must adjust. Other circumstances can alter families, too. "A child with a disability who needs extra care can disrupt the sibling

dynamic," says Campbell. A grandparent living in the home can also shift things—if one kid gets extra attention from Nana, say, or takes on a caretaker role.

AGE SPACING

"The closer the age intervals are between siblings, the more competition there is," says Stewart. When kids are one to two years apart, especially if they are the same gender, there's more conflict, says Salmon. (Good news: That doesn't mean they won't be close when they're older.) Parents are also overwhelmed, which adds to the turmoil. The closely born second child may overtake the firstborn role by being better, faster, and stronger—or zig to her zag. (*She likes to dance? I'm*

going with softball.) Three to four years tends to be a sweet spot; kids are close in age but have room to be themselves, says Salmon. Many experts agree that five or more years between kids acts as a reset button, kicking off a "new family" with a fresh firstborn. And the former youngest, now middle, may never shed the baby role. "If you're a second child whose sibling is 10 years older, then in most practical ways you grew up as a firstborn or only child," says Sulloway.

What about twins? Rules don't apply. "Twins are the special focus of their parents," says Salmon. "There's typically less competition between identical twins. Fraternal twins, however, behave more like other siblings."

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HOW TO WEAR

TRUE BLUE
This chambray shirtdress has the clean lines that denote a have-forever basic. Dress, \$75, [gap.com](#). CH Carolina Herrera clutch, \$465, 212-744-2076.



RED DELICIOUS
The drawstring waist is forgiving for those with extra around the middle. Dress, \$295, [dkny.com](#). Necklace, \$110, [sequin-nyc.com](#). Heels, \$255, [usa.themodecollective.com](#).

SHIRTDRESSES

The easy button-up has always been a wardrobe staple, but these days it's a star. Here's advice for pulling off its many modern iterations.

SOFT STYLING BY BRENDA BARR

Written by Yolanda Wikiel
Photographs by John Lawton

BEST FOR

- Full hips and thighs
- Hourglass
- Large bust
- Petite
- Short torso
- Straight
- Tall
- Tummy

HOW TO WEARTHE GUIDE
fashion**1**

NICE EXTRA
The knotted detail gives the illusion of an hourglass shape without the binding of a belt.

2

STYLE UPGRADE
Swap a fabric belt for a chic-er metallic one. It can go dressy or casual.

3

FIT TIP Camouflage upper arms with rolled-up tab sleeves.

**STRAIGHT-FIT SHIRTDRESS**

Because you can wear the traditional shirt silhouette cinched or loose, it can be dressed up or down and works on many figures. "Unbelted, it will hide the midsection and heavier thighs," says Monica Barnett, the author of the style-advice book *Without Saying a Word*.

HOW TO WEAR IT

1 MODERN For work or a party, pair this chambray dress with cool, pale accents. Corey by Corey Lynn Calter dress, \$216, Court Shop, 212-925-1022. Elizabeth and James sunglasses, \$155, nordstrom.com. Bag, \$530, joannamaxham.com. Heels, \$250, usa.themodecollective.com.

2 ELEGANT A chilled-out substitute for a skimpy sundress, this silk style sensuously skims the body.

Keep the look minimalist with streamlined gold jewelry and metallic wedges. Dress, \$358, magaschoni.com. Necklace, \$50, rjgraziano.com. Shoes: For similar styles, try Steve Madden wedges; \$80, zappos.com.

3 SPORTY Play off the stripes with blue accents, but include pops of silver and orange to keep it interesting. Come Monday, trade the laid-back sandals for pumps. Dress, \$124, asos.com. Clutch, \$55, deuxlux.com. Belt, \$38, bcbg.com. Bangle, \$45, rjgraziano.com. Sandals, \$175, toryburch.com.

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BEST FOR

- Full hips and thighs
- Hourglass
- Large bust
- Petite
- Short torso
- Straight
- Tall
- Tummy

1

STYLE UPGRADE
Try layering a statement necklace over the dress.

HOW TO WEAR

NICE EXTRA When you wear the dress's matching belt, it creates a continuous line that elongates the body, says Leesa Evans, a Los Angeles-based stylist and costume designer.

3

FIT TIP Add a wide belt to rein in a thick waistline. But if you have a short torso, avoid this look, as it can overpower your frame.

FLARED SHIRTDRESS

With a cinched waist and a full skirt, this 1950s-style charmer celebrates womanly curves. But to keep you looking Roman Holiday chic, not lunch-lady drab, make sure the top half is nicely fitted to offset all the volume below, says Barnett.

HOW TO WEAR IT

1 RETRO Perfect strolling-through-a-piazza wear. A straw bag and an artsy necklace lend sophistication, while tan heels make calves shapelier. Dress, \$169, talbots.com. Necklace, \$525, lulufrost.com. Elizabeth and James bag, \$445, shopbop.com. Massimo Dutti sandals, \$180, 212-371-2555.

2 POLISHED Crisp banker's stripes look even smarter in a hip-flattering cut. Stick with leg-extending pointy-toes and sleek yet feminine accents. Dress, \$139, annTaylor.com. Belt, \$42, vincecamuto.com. Eva Mendes for NY&Co. bangles, \$30 each, newyorkandcompany.com. Flats, \$108, bodenusa.com.

3 EASY Just add a printed bag and you're good to go. If you're tall, you can pull off flat sandals with this past-the-knee hemline. Otherwise opt for shoes with height. CH Carolina Herrera dress, \$660, 310-276-8900. Earrings, \$39, stelladot.com. Clutch, \$35, gojane.com. Sandals, \$16, forever21.com.



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BEST FOR

- Full hips and thighs
- Hourglass
- Large bust
- Petite
- Short torso
- Straight
- Tall
- Tummy

1



NICE EXTRA
This lightweight dress has a built-in slip to prevent show-through.

STYLE UPGRADE
Go for the gusto with more color.

Because the scarf's hues are of similar intensity, the palette is harmonious.

HOW TO WEAR

2

**STYLE UPGRADE**
Go for the gusto with more color.

Because the scarf's hues are of similar intensity, the palette is harmonious.

FIT TIP To fix a placket that pops open, attach a strip of double-sided tape between buttons.

3

**DROP-WAIST SHIRTDRESS**

No need for a belt here. This style has a hip-slung waistline and a short hem, giving it a young and flirty feel. Keep in mind: "If the hem is more than one inch above your knee, it's best to reserve it for nights out or the weekend," says Evans.

HOW TO WEAR IT

1 PREPPY Tailored like a natty blue dress shirt, this looks ready for a country-club luncheon with heels and shades. For a day of shopping, swap in cute sneakers. Dress, \$118, bcbgeneration.com. Ray Ban sunglasses, \$200, sunglasshut.com. LC Lauren Conrad sandals, \$65, kohls.com.

2 BOHEMIAN A simple cut is ideal for fun accents, like bangles and a pom-pom scarf. Balance the high hemline with flat gladiators. Splendid dress, \$158, bloomingdales.com. Scarf: For similar styles, try Lilly Pulitzer for Target scarves; \$20, target.com. Bangles, \$50 for the set, lydellnyc.com. Sandals, \$125, dkny.com.

3 CHIC Elevate a summery print for a nice dinner by pairing it with refined neutral accessories with a hint of glimmer. Rory Beca dress, \$278, Stanley Korshak, 214-871-3600. Badgley Mischka bag, \$295, S&T Famous Bags, 718-375-2000. Sandals, \$95, dunelondon.com. CC Skye ring, \$68, amazon.com.

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Work & Money

THE VIEW FROM HERE

When *Mindy Grossman* went to work for HSN, in 2006, people thought she was crazy. She was leaving a cushy job at Nike to head up what many saw as a dying brand. But Grossman had a vision—and soon she grew HSN into a multibillion-dollar retail business. Grossman spoke with *Real Simple* about going big or going home.



Written by Jane Porter

MINDY GROSSMAN
• CEO of HSN, Inc.
• St. Petersburg, Florida

What was your childhood like?

My mother got married at 18 and tried for 12 years to have children. She couldn't. My father worked nights in the produce business. They couldn't afford to adopt. But the man my father worked for was kind enough to give my parents the money to adopt me. I was three days old. From my mother's perspective, I was a gift to them, and I had to look at life as a gift, too.

Did that factor into your ambitions?

Yes, I wanted to be the first in the family to go to college. I graduated from high school after junior year and went to George Washington University. I majored in literature and philosophy. I planned to become a lawyer. My

last semester, I was engaged to my high school boyfriend, who was going to be a doctor. Then I woke up one day and said, "I can't do this. It's not where my passion is."

What did you do?

I called my folks and said, "I'm not getting married. I'm not going to law school. I'm not sure what it is I want—just know I want something more creative." I moved to New York.

You discovered you were interested in fashion. How did you find your path?

I got a job at a company that distributed menswear brands, and I took textile-technology courses at night. A year later, I was filling in for a receptionist, working for [a designer named] Jeffrey Banks. I'd never met him, but when he came in and saw me juggling the phones and talking to people, he said, "I want to move you to sales."

PROMOTION

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BODEN COLLECTION

Duvet cover shown
with coordinating pillows

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New!

You launched the Polo Jeans Company for Ralph Lauren, then headed up global apparel for Nike.

Yes, and at Nike I was living this crazy life. My family was in New York, and I had offices in Portland, Oregon. I was out of the country 30 percent of the time. My daughter was 10 or 11. I said, "Now's the time for me to do something new."

Where did HSN come in?

A headhunter called me. HSN had not even been on my radar, but once I did some research, I got excited—not for what it was, but for what it could be.

It was risky.

Yes, but I figured the worst that could happen was I'd go do something else. I think a lot of people, especially women, make things such a science project of fear instead of focusing on the possibility and how change can propel you forward. If you're willing to take a risk, be a little bold, that's going to take you so much further.

Your first move at HSN was a makeover of the physical place. Yes, the environment was very broken. I closed it down on a

"I think a lot of people, especially women, make things such a science project of fear instead of focusing on how change can propel you forward. If you're willing to be a little bold, that's going to take you so much further."

Friday to do a massive cleanup. I brought in 15 Dumpsters. I power-washed everything—there was mold on the outside of the building. I replaced every chair on the campus. I got hundreds of e-mails thanking me for the chairs. I was focused on reenergizing the culture. It was important that people felt I was here for the long run and that I had their best interests at heart.

How about work-life balance?

There's no such thing as 50/50. You're always going to have to make difficult decisions. My daughter is 25 now, but when she was younger, there were times I really struggled. The important thing is that your family understands you took them into consideration with every decision.

Do you have time to exercise?

My husband and I live in downtown St. Pete, so I literally can walk out my door and run by the water. During the week, I go before work. I put it on the calendar. The thing that derails me is traveling for work.

How much sleep do you get?

I probably average six hours. With HSN being a 24-hour, live, by-the-minute business, I'll think of something at 3 in the morning. I tell the people who work for me, "Just because you get an e-mail from me at 3 A.M., don't think you have to answer it."

What advice do you give people trying to make it in your field?

I love the book *Give and Take*, by Adam Grant. Everyone who works for me reads it. [Grant] divides people into categories. Givers are those who believe, as I do, that what you do for people isn't just because you expect something in return.

Are you a big shopper yourself?

I love to shop. I get as excited in CVS as I do at Bergdorf Goodman. I understand the HSN customer because I am her.

Decadently dipped ice cream bars. (Um, you're welcome.)



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PHOTOS: (TOP) ERICA GEORGE DINE; (MIDDLE) WENDELL T. WEBBER; (BOTTOM) KRISTINE LARSEN

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A brand-new site curated by the pros and editors of **REAL SIMPLE**, **THIS OLD HOUSE**, **PEOPLE**, and more!



New!

MONEYWISE

The art of asking for discounts

It might seem like an exclusive perk of the brazen or the connected, but the truth is, anyone has a shot at a discount. Below, pro strategies on how to go for it—without coming off as a total cheapskate.



FURNITURE

"Just because a price tag displays a certain number doesn't mean it's final," says Nicole Lapin, a financial expert and the author of *Rich Bitch*. You can research online prices and ask if a store will match that—or try for a discounted floor sample.

WHAT TO DO: Strike up a conversation with a friendly salesperson, and lead with a compliment: "I love your store and really want to buy this piece. Is this the best price you can give me today? What if I take a floor model off your hands?"

GOOD TO KNOW: Appliance stores will often discount floor samples.

CLOTHING

There could be specials running that you know nothing about. Charm will get you everywhere.

WHAT TO DO: Ask at the register if the store has any coupons or deals running that you can take advantage of, suggests Lapin. If you left a coupon at home, just say so. Often the store will honor it anyway.

GOOD TO KNOW: If you're trying for a discount on a damaged item, stay positive: "I like this top, but it looks stretched out. I shop here all the time. Is it possible to get a discount?"

CABLE BILL

Many cable companies offer introductory rates

for new customers, but over time your bill can skyrocket, says Laura Adams, a personal-finance expert and the author of *Money Girl's Smart Moves to Grow Rich*. If you call and ask for a lower rate, the company might comply, even if you've had the service for a while.

WHAT TO DO: Be direct. "I need to cut expenses, and I'm not happy with what I'm paying for my cable service. Do you have any promotions right now?" If you don't make any headway, tell the customer-service rep that you're a loyal customer but your friend has a better plan with another company. Still no luck? Call back and try again with someone else.

CONTINUED

Written by
Laura Schocker
Illustrations by
Eight Hour Day

Introducing blissful (beyond belief) truffle bars.

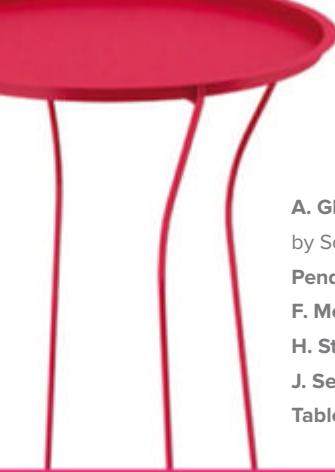
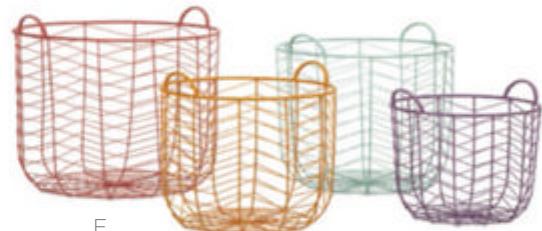


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PROMOTION



A. Glass (Set of 4) by Lotta Jansdotter **B. Tea Towel (Set of 2)** by Scantrends **C. Faux Potted Plant** by Creative Branch **D. Topan Pendant** by &Tradition **E. Geometric End Table** by Madison Park **F. Metal Basket (Set of 4)** by IMAX **G. Lucy Bench** by Safavieh **H. Striped Pillow** by KESS InHous **I. Glass Cloche** by Barreveld **J. Seeded Jar Lamp** by Jamie Young Company **K. Folding End Table** by Dar **L. Astrid Chest** by Copeland Furniture

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CONTINUED

GOOD TO KNOW: Similar strategies may work for your cell-phone bill and credit-card interest rate.

MEDICAL BILLS

Some doctors and hospitals will negotiate. Says Lapin, "A little research is a valuable weapon."

WHAT TO DO: Request an itemized bill, and make sure there aren't any errors. Then go to fairhealthconsumer.org (a health-cost resource similar to the Kelley Blue Book for car prices) and look at typical costs for treatments in your area. Next, call your doctor and ask for a rate reduction. If you're in a particularly bad situation, you can claim financial hardship.

GOOD TO KNOW: "You can't stick your head in the sand. You have to act within 90 days," says Lapin. "Once a bill goes into collection, it's much harder to negotiate."



EPIC (WORK) FAIL

In which one *Real Simple* reader reveals a hilariously humiliating workplace experience. This month's story comes from A.K., via Facebook.

"I was a teller at a bank that had thick glass between us and the customers. We used the customer's ATM cards as identification. They simply had to swipe their cards upside down, with the magnetic strip facing us. A customer was swiping his card with the strip up, and he couldn't hear me instruct him, so I shouted, 'Sir, strip down! Strip down facing me!' Everyone started laughing. I have never been so embarrassed."



ASK BUCKY

TIME INC.'S* ALL-KNOWING, STRAIGHT-SHOOTING VICE PRESIDENT OF STAFFING, BUCKY KEADY, TACKLES YOUR WORKPLACE CONUNDRUMS.

Whom can you trust in a corporate environment when you're starting a new job?

"I don't trust anyone in the first six months. You really need to see people operate in stressful situations to learn who they are, and that takes some time. There are going to be colleagues who panic and throw other people under

the bus. Just observe for a while. "Pay attention to how people communicate. That can tell you a lot. And be alert to your instincts. I find that most employees don't trust their instincts

as much as they should. Also, don't put too much credence in unsolicited opinions. Those who offer up opinions of other people without being asked usually have their own agenda."

*TIME INC. IS THE PARENT COMPANY OF *REAL SIMPLE*.

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iced coffee.



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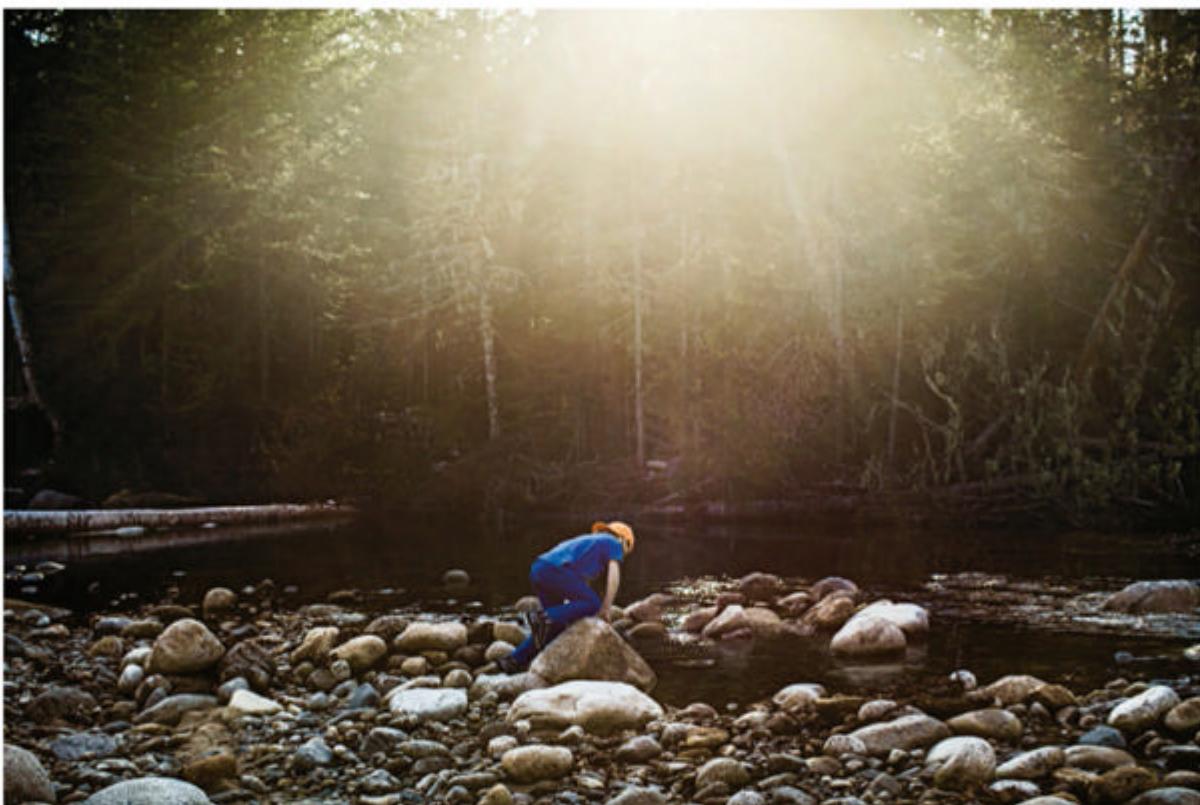
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FLAT-OUT DELICIOUS

HAVE A STACK OF TORTILLAS LYING A-ROUND?
THEY CAN BE THE FOUNDATION FOR
COUNTLESS EASY FAMILY MEALS.



Recipes by
Chris Mococco
Photographs by
Marcus Nilsson
Food Styling by
Alison Attenborough
Set Design by
Jeffrey W. Miller



Mix and match these salsas
and slaw toppings with the fillings
here or any of your favorites.

Pork carnitas burritos

HANDS-ON TIME **20 MINUTES**
TOTAL TIME **1½ HOURS**
SERVES **6**

2½ pounds boneless, skinless pork shoulder, cut into 1-inch pieces
1 cup lager beer
4 cloves garlic, crushed
1 teaspoon ground cumin
Kosher salt and black pepper
6 10-inch flour tortillas, toasted
Fresh Tomatillo Salsa (recipe, right)
Shredded lettuce, shredded Monterey Jack cheese, and sour cream, for serving

BRING the pork, beer, garlic, cumin, 1½ teaspoons salt, and ½ teaspoon pepper to a boil in a large pot or Dutch oven over medium-high heat. Reduce heat, cover, and simmer, stirring occasionally, until the pork is easily pierced with a fork, 40 to 50 minutes.

UNCOVER the pot and continue to cook, stirring occasionally, until the liquid evaporates and the pork begins to brown,

15 to 20 minutes. Continue to cook, breaking up the pork with a spoon, until the pork is browned and crisp, 5 to 10 minutes. Add 2 tablespoons water to the pot and scrape up any browned bits.

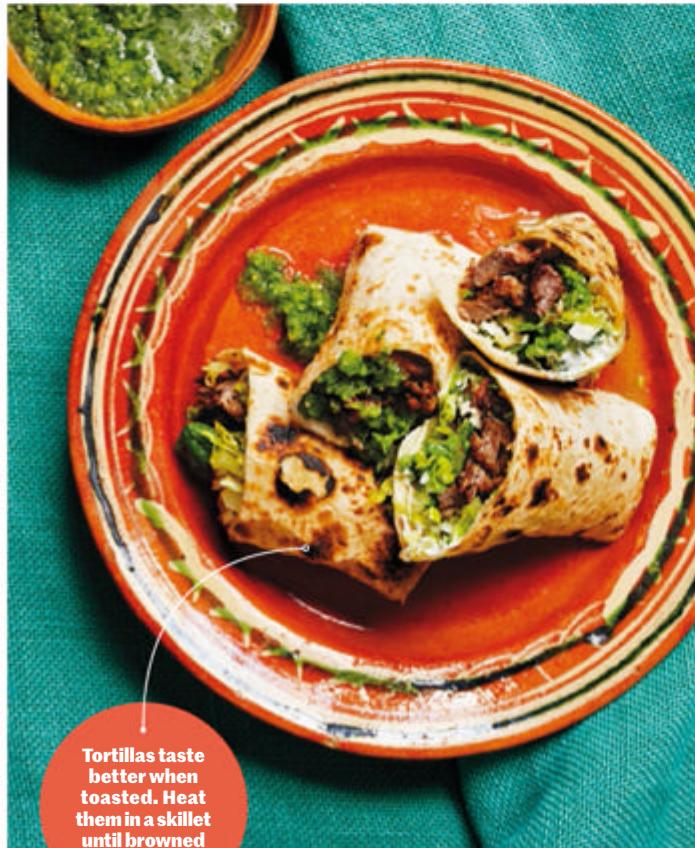
DIVIDE the pork among the tortillas and top with the Fresh Tomatillo Salsa, lettuce, cheese, and sour cream. Roll up into burritos.

Fresh tomatillo salsa

HANDS-ON TIME **10 MINUTES**
TOTAL TIME **10 MINUTES**
MAKES **2 CUPS**

½ small white onion, chopped
¾ pound tomatillos, husked and washed
½ cup fresh cilantro
3 tablespoons fresh lime juice
Kosher salt

RINSE the chopped onion in a colander under running water; drain. Combine with the tomatillos, cilantro, lime juice, and ¼ teaspoon salt in a blender. Puree until smooth.



PORK CARNITAS BURRITOS WITH FRESH TOMATILLO SALSA

Chilaquiles with fried eggs

HANDS-ON TIME **15 MINUTES**
TOTAL TIME **15 MINUTES**
SERVES **4**

Tomato-Chili Sauce (recipe, below)
1 tablespoon canola oil
4 large eggs
1 10-ounce bag yellow tortilla chips
½ cup crumbled ricotta salata or Cheddar
2 tablespoons sliced pickled jalapeños
Fresh cilantro and cayenne pepper, for serving

BRING the Tomato-Chili Sauce to a simmer over medium heat in a large pot.

HEAT the oil in a large nonstick skillet over medium heat. Crack the eggs into the pan and cook, covered, to the desired doneness, 2 to 4 minutes for slightly runny sunny-side-up eggs.

MEANWHILE, add the tortilla chips to the sauce and stir to coat. Top with the eggs, cheese, jalapeños, cilantro, and cayenne.

Tomato-chili sauce

HANDS-ON TIME **10 MINUTES**
TOTAL TIME **50 MINUTES**
MAKES **3 CUPS**

2 ounces dried ancho or New Mexico chilies (about 6)
1½ pounds medium tomatoes (about 6), chopped
½ small white onion, chopped
4 cloves garlic
2 tablespoons apple cider vinegar
Kosher salt and black pepper

HEAT a large skillet (preferably cast-iron) over medium heat. Cook the chilies, turning once, until they darken slightly and begin to puff, 1 to 2 minutes. Let cool slightly. Stem, seed, and tear into large pieces.

COMBINE the chilies, tomatoes, onion, garlic, vinegar, 1 cup water, and ½ teaspoon each salt and pepper in a large saucepan. Bring to a boil over medium-high heat. Reduce heat, cover, and simmer until the chilies are completely softened, 20 to 25 minutes. Uncover and cook until the liquid has thickened, 10 to 15 minutes.

PUREE in a blender until smooth.



CHILAQUILES WITH FRIED EGGS
AND TOMATO-CHILI SAUCE

**SPICY
CHIPOTLE
CHICKEN
TOSTADAS
WITH
CRUNCHY
SLAW**



Don't feel like frying? Latin food markets and some supermarkets sell ready-made crisp tostadas.



QUESADILLAS WITH POBLANO PEPPERS AND BEANS WITH PICO DE GALLO

WHISK the yogurt, vinegar, $\frac{3}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper in a bowl. Toss in the cabbage, apple, and scallions. Let sit for 20 minutes before serving.

Quesadillas with poblano peppers and beans

HANDS-ON TIME 20 MINUTES
TOTAL TIME 1 HOUR
SERVES 4

- 3 tablespoons canola oil
- 6 poblano peppers—halved, seeded, and sliced
- 2 large white onions, sliced
- Kosher salt and black pepper
- 1 15.5-ounce can low-sodium black beans, rinsed
- 8 ounces sharp Cheddar, grated (2 cups)
- 4 10-inch flour tortillas
- Pico de Gallo (recipe, below)

HEAT oven to 425° F. Heat the oil in a large skillet over medium-high heat. Add the peppers, onions, 1 teaspoon salt, and $\frac{1}{2}$ teaspoon pepper. Cook, stirring frequently, until soft, 20 to 25 minutes. Add the beans and cheese and stir to combine.

HEAT another large skillet (preferably cast-iron) over medium-high heat. Toast the tortillas one at a time until browned in spots, 30 seconds per side. Place the filling on one side of each tortilla, dividing evenly. Fold the other side of each tortilla over the filling. Bake on 2 large rimmed baking sheets until the cheese is melted, 10 to 12 minutes.

CUT each quesadilla into wedges and serve with the Pico de Gallo.

Pico de gallo

HANDS-ON TIME 10 MINUTES
TOTAL TIME 20 MINUTES
MAKES 2 CUPS

- $\frac{1}{4}$ white onion, finely chopped
- 12 ounces medium tomatoes (about 3), chopped
- $\frac{1}{2}$ cup chopped fresh cilantro
- 1 jalapeño, seeded and chopped
- 2 tablespoons fresh lime juice
- Kosher salt

RINSE the chopped onion in a colander under running water; drain. Toss with the tomatoes, cilantro, jalapeño, lime juice, and $\frac{1}{2}$ teaspoon salt in a small bowl. Let sit for 10 minutes before serving.

Spicy chipotle chicken tostadas with crunchy slaw

HANDS-ON TIME 35 MINUTES
TOTAL TIME 1 HOUR, 10 MINUTES
SERVES 6

- 2 tablespoons canola oil, plus more for frying
- 1 large onion, chopped
- 4 cloves garlic, chopped
- Kosher salt and black pepper
- 1 tablespoon ground cumin
- 1 tablespoon paprika
- $\frac{2}{3}$ pounds boneless, skinless chicken thighs
- 2 canned chipotles in adobo, seeded and chopped
- 6 6-inch corn tortillas
- Crunchy Slaw (recipe, right)
- Lime wedges, for serving

HEAT the oil in a large pot over medium heat. Add the onion, garlic, and 1 teaspoon each salt and pepper. Cook, stirring occasionally, until soft, 8 to 10 minutes.

ADD the cumin and paprika. Cook, stirring, until fragrant, about 1 minute. Add the chicken, chipotles, and $\frac{1}{4}$ cup water.

Reduce heat, cover, and simmer until the chicken is very tender, 35 to 45 minutes. Uncover and cook until the liquid has nearly evaporated, 5 to 10 minutes. Coarsely shred the chicken.

MEANWHILE, heat $\frac{1}{4}$ inch of oil in a medium skillet over medium-high heat. Fry 2 tortillas at a time until browned and crisp, 1 to 2 minutes per side. Drain on a paper towel-lined baking sheet.

TOP the tostadas with the chicken and Crunchy Slaw. Serve with the lime wedges.

Crunchy slaw

HANDS-ON TIME 15 MINUTES
TOTAL TIME 35 MINUTES
MAKES 6 CUPS

- $\frac{1}{2}$ cup plain Greek yogurt
- 3 tablespoons apple cider vinegar
- Kosher salt and black pepper
- $\frac{1}{2}$ small head green cabbage (10 ounces), shredded
- 1 red apple, shredded
- 3 scallions, sliced

CITRUS-
MARINATED
STEAK TACOS
WITH
AVOCADO-
LIME SALSA



Rinsing onions
first mellows
their sharp,
raw bite.

GRILLED
CHILI
SHRIMP
TACOS
WITH
PINEAPPLE-
JALAPEÑO
SALSA

Grilled chili shrimp tacos

HANDS-ON TIME **15 MINUTES**
TOTAL TIME **20 MINUTES**
SERVES **4**

- Canola oil, for the grill
- 1 clove garlic
- 2 tablespoons olive oil
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- Kosher salt and black pepper
- 1 pound raw medium shrimp, peeled and deveined
- 8 6-inch flour or corn tortillas
- Pineapple-Jalapeño Salsa (recipe, below)

HEAT grill to medium-high. Once it's hot, clean the grill grate with a wire brush. Just before grilling, oil the grill grate. **MASH** the garlic to a paste using the flat side of a chef's knife. Combine with the olive oil, chili powder, cumin, oregano, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{2}$ teaspoon pepper in a medium bowl. Add the shrimp and toss to coat.

GRILL the shrimp until opaque throughout, 1 to 2 minutes per side. Grill the tortillas until pliable, about 30 seconds per side. Divide the shrimp among the tortillas and top with the Pineapple-Jalapeño Salsa.

Pineapple-jalapeño salsa

HANDS-ON TIME **20 MINUTES**
TOTAL TIME **20 MINUTES**
MAKES **2 CUPS**

- $\frac{1}{2}$ small red onion, chopped
- 2 cups chopped pineapple
- 1 jalapeño, seeded and chopped
- $\frac{1}{4}$ cup chopped fresh mint leaves
- 2 tablespoons fresh lime juice
- Kosher salt

RINSE the chopped onion in a colander under running water; drain. Combine with the pineapple, jalapeño, mint, lime juice, and $\frac{1}{2}$ teaspoon salt in a bowl.

Citrus-marinated steak tacos

HANDS-ON TIME **25 MINUTES**
TOTAL TIME **1½ HOURS**
(INCLUDES MARINATING)
SERVES **6**

- 4 cloves garlic, chopped
- 2 tablespoons fresh lime juice
- 1 tablespoon white vinegar
- 1 teaspoon crushed red pepper
- 1 skirt steak (about $1\frac{1}{2}$ pounds), cut into 4 pieces
- Canola oil, for the grill
- Kosher salt and black pepper
- Corn tortillas, warmed
- Avocado-Lime Salsa (recipe, below)

COMBINE the garlic, lime juice, vinegar, and red pepper in a large resealable plastic bag. Prick the steak all over with a fork and add to the marinade; turn to coat. Refrigerate for at least 1 hour and up to 4 hours.

HEAT grill to medium-high. Once it's hot, clean the grill grate with a wire brush. Just before grilling, oil the grill grate.

SEASON the steaks with $\frac{1}{4}$ teaspoon each salt and black pepper. Grill, turning once, until an instant-read thermometer inserted into the thickest part registers 130° F, 6 to 8 minutes for medium-rare. Let rest for 10 minutes before thinly slicing against the grain.

DIVIDE the steak among the tortillas and top with the Avocado-Lime Salsa.

Avocado-lime salsa

HANDS-ON TIME **15 MINUTES**
TOTAL TIME **15 MINUTES**
MAKES **2 CUPS**

- 2 limes
- 2 avocados, chopped
- $\frac{1}{3}$ cup olive oil
- $\frac{1}{2}$ cup torn fresh basil leaves
- Kosher salt

CUT away the peel and pith of the limes. Chop the flesh of the limes. Toss with the avocado, oil, basil, and 1 teaspoon salt in a medium bowl.



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TO BUY: \$2.90 for a 13.5-ounce package.

WINNER CIRCLE

Real Simple's favorite grocery-store tortillas.



BEST FLOUR Tortilla Land Flour Tortillas

Found in the refrigerated aisle, these uncooked wraps are made from just flour, water, canola oil, salt, and sugar. Cook on the stove—they'll puff, blister, and taste like they're made from scratch.

TO BUY: \$4 for a 20-ounce package.



CLOSEST TO HOMEMADE
La Tortilla Factory Hand Made Style Yellow Corn Tortillas

The combination of corn and wheat flour provides each round with 14 grams of whole grains and an almost airy, light texture.
TO BUY: \$2.90 for an 11.57-ounce package.



BEST CORN La Banderita White Corn Tortillas

Soft, but sturdy enough to hold fillings galore, this choice has real roasted-corn flavor.

TO BUY: \$1.90 for a 27.5-ounce package.



WRAPPER'S DELIGHT

Find more tortilla recipes at realsimple.com/tortillas.

43 WAYS YOU'RE NOT REALLY HELPING

Is the road to hell actually paved with good intentions?
Who knows? But sometimes—just sometimes—meaning well
does not lead to doing the right thing.
Experts explain how to make matters better, not worse.

Written by Emily Hsieh Illustrations by Peter Oumanski





1

SAYING,
**"LET ME
 KNOW IF
 THERE'S
 ANYTHING
 I CAN DO,"**
 WHEN A FRIEND IS
 IN CRISIS...

"It's a lovely sentiment, but it puts the onus on her to ask for help," says Andrea Bonior, a clinical psychologist and the author of *The Friendship Fix*. You feel good—you offered!—and she feels too overwhelmed to remember that you did. If you have a friend dealing with a death in the family, a bedbug infestation, or even something joyful but hard—triplets!—take action. "Be specific, so they can simply say yes or no," says Bonior.

FOR EXAMPLE:

- Drop off dinner.
- Pick up her kids from school or let older ones come for a sleepover.
- Tell her you would like to send your cleaning service over—and is there an afternoon she'll be out that's convenient?
- If family needs to come in from out of town and not all of them can afford hotels, organize friends who can offer a guest room. People need to fly on a moment's notice? Maybe your circle of friends have miles they can pool and offer.

2 TO 5

...or saying these other misguided zingers

2 "This will pass" or "The worst is over."

HOW DO YOU KNOW? Instead say that you wish you knew what to say—and be there to listen.

3 "You're sooo much better off without him."

PEOPLE GET BACK TOGETHER! Also, "Sayings like these imply that the person shouldn't be upset, which is just annoying," says psychologist Guy Winch, the author of *Emotional First Aid*. Instead try, "I know it's upsetting. It must be hard to start over again." (Other phrases to avoid: "I never liked him" and "He was the worst!")



8

GIVING MISBEHAVING KIDS IMMEDIATE CONSEQUENCES

DON'T WORRY—YOUR CHILD WON'T MISS THE LESSON IF YOU DON'T HAMMER HOME THE POINT AT THE PLAYGROUND. "WHEN CHILDREN ARE UPSET, THE PART OF THE BRAIN THAT IS RECEPTIVE TO LEARNING IS COMPLETELY INHIBITED," SAYS RACE. "REVISIT THE INCIDENT ONCE EVERYONE—YOU, INCLUDED—CALMS DOWN. YOUR KIDS WILL BE MORE TUNED IN TO WHAT YOU'RE SAYING."

4 "Have you tried yoga? Goji berries?"

UNLESS IT'S A BUM KNEE (in which case goji berries still probably won't work), leave all manner of treatment discussions regarding her or her family to her doctor. Just say, "It stinks. I'm here for you." Jillian Lauren, the author of *Everything You Ever Wanted* and the mother of a special-needs son, adds: "Don't tell the parent whose kid is having a giant tantrum in the middle of the grocery store that she should see a homeopath. You never know what someone else's situation is."

5 "When the timing is right, it'll happen."

INFERTILITY ISSUES ARE TOUCHY. "I dealt with infertility for years before my son was born, and I'm dealing with it again in our hopes to have a second. It's a minefield to talk about, but that phrase is the worst," says Natalie Holbrook, a blogger and the author of *Hey Natalie Jean*. "It's not comforting! It's like telling hungry, emotional toddlers that they'll get a cookie—at some point, if they can figure out how to operate the oven. Chances are 'That is not fair' is all she wants to hear."



6

OVER-EMPATHIZING
 It's easy to listen to a friend vent and say, "I know how you feel!" But you may not. "If someone is upset about an off-the-charts colicky baby and you say, 'I know how you feel,' then share about your only slightly fussy baby, you sound like a nincompoop," says Bonior. "Don't make it about you. Say, 'I can imagine how you feel.'"

7

JUMPING IN TO ANSWER FOR YOUR KIDS WHEN AN ADULT ASKS THEM A QUESTION

"Even if it creates a moment of social awkwardness, resist the urge," says Kristen Race, Ph.D., the author of *Mindful Parenting*. "You want to create a habit where kids answer for themselves—even the shy ones. They learn that their parents don't solve all their problems for them. Start small. When you go to a restaurant, tell young kids that you will order for them, but that they have to let the server know if they want milk or water."

9

ASKING A NEW MOM HOW
THE BABY IS SLEEPING

"How is he sleeping?" can feel loaded, like you're asking how good that mom is at implementing routine," says Holbrook. Make this small change: "How are *you* sleeping?"



10 TO 13

And now for the list of backhanded compliments!

LET'S TAKE STOCK AND RETIRE THEM FOREVER, SHALL WE?

10 "You look great for your age."

"For your age" = "You don't just look great, full stop."

11 "Have you lost weight?"

(Because you needed to.) "It makes people feel like they were unattractive or overweight before. Tell them they look so happy and healthy—two things every person wants to be," say Heidi and Chris Powell, the transformation pros for ABC's *Extreme Weight Loss*.

12 "Looks like you got some sleep last night."

As opposed to normally, when you look like a zombie.

13 "Do you get [insert celebrity name here] a lot? You look just like her."

Not every famous face is universally admired. This will turn on you when the friend grimaces and says, "Eww, you think so?"



14 CHOPPING OFF YOUR HAIR AT AGE 40

"Where did this idea come from? It's like an urban myth. Just because you're 40 doesn't mean short hair will look good on you," says Michelle Snyder, the owner of Barrow Salon, in San Francisco. Plus, it isn't always lower maintenance (moms). You need more frequent trims and can't throw it into a topknot. If you do want to go short, try soft layers that are a bit longer on top, like Robin Wright. Or a layered bob that hits around the collarbone. "Remember, though, Louise Brooks had hair down to her waist late in her life and looked beautiful," says Snyder.

15 SPENDING MORE MONEY TO GET FREE SHIPPING

"Paying \$15 in shipping is nothing compared with an \$80 top you don't need or love," says Laurie Trott, the fashion director of Goop.com. Check with a sister or a friend to see if she is eyeing something from the same site. Maybe you can combine your orders instead of buying unnecessary extras.



17 TO 21 SHOPPING FOR—AND WEARING—THE WRONG STUFF. LIKE...

17. INDULGING IN WISHFUL WARDROBING

"That's when you buy clothes for the life you aspire to instead of the life you have," says Bridgette Raes, a stylist in New York City and the author of *Style Rx*. Stay-at-home mom? Wedges and cool sneakers will make you feel better than a closet full of stilettos.

18. PACKING THE SPECIAL-OCCASION DRESS FOR VACATION

—the one you never wear. Guess what? You probably won't wear it on vacation, either. "It's taking up valuable suitcase real estate, plus time spent pondering how to make it work," says Monahan. Pack the cotton maxi you live in all summer.

19. CHANGING INTO FLIP-FLOPS

when your feet hurt. Your aching feet need arch support and structured soles with shock absorption (like sneakers) to recover fully, says podiatrist James Christina, the director of scientific affairs for the American Podiatric Medical Association.

20. SHOPPING WHERE YOU'RE ALWAYS A SMALL

So, you're a size 4—in this one store's chinos. Don't let vanity—or the lift that you get from seeing 8 instead of 10—limit your options. It's the same body, regardless of the dressing room. (And, honestly, no one is looking at your tags.) You could be missing out on new, more flattering styles somewhere else.

21. WEARING SOMETHING SHAPELESS

when you feel blah only makes it worse. "Doing this often makes you look bigger than you are. Put on something fitted and tailored. It makes you stand up straighter, which perpetuates a better mood," says Trott.





25

BUYING IN BULK You're not saving money on the gallon jar of mayo unless you use it before it goes bad, says organizing expert Jeffrey Phillip: "Don't let excitement over a good deal overtake logic." If you have limited storage, stick to bargains you deplete quickly, like toilet paper or diapers, not 24 cans of oatmeal.



22 TO 24 BEING AN IMPATIENT COOK

22. NOT WAITING FOR THE WATER TO BOIL FULLY "I see bubbles! In goes the pasta!" No. The waiting time between little bubbles (a simmer) and big bubbles (a full boil) is less than the extra minutes that you'll need for the water to come to a boil and your food to cook fully if you toss in the pasta too early. Just sit tight.

23. SMUSHING ALL THE PORK CHOPS INTO THE PAN Crowding makes meat steam, not sear, and the extra bodies, so to speak, will take as long to cook as two batches.

24. HACKING VEGETABLES INTO HUNKS Big chunks take longer to soften while cooking. Spend a few more minutes and dice.

26

TRYING TO MAKE EVERYTHING FROM SCRATCH

Buy the carbs— piecrusts, rolls, even the cookies for the ice cream sandwiches. Those are labor-intensive items where store-bought works just as well. (And tastes fine, too.)



28

"I WILL PLAN A FULL WEEK OF MEALS AND SHOP ONCE, SO HELP ME GOD"

Something to strive for? Maybe. But if you are someone juggling a busy schedule (hi, all of you), "try buying two or three days' worth instead," says Joy Cho, a blogger, a mother of two, and the author of *Oh Joy! 60 Ways to Create & Give Joy*. **"There's always something unexpected that happens, and a lot of food can end up unused. I find two to three meals is the right amount to feel prepared without any waste."**

27

LOOKING AT CALORIES INSTEAD OF SUGAR

When you eat a lower-fat or nonfat food (think yogurt or ice cream), often the sugar content is the same, even though the calories are slightly less. "So there is proportionally more sugar and less fat. And the main component of food that distorts your appetite is sugar," says nutritionist Kelly Dorfman, the author of *Cure Your Child With Food*. "It triggers your internal reward system, and that makes you want to eat more." A low-fat meal with substantial sugar will probably make you hungrier, says Dorfman: "At least fat has satiation value."

29

DOUBLING A RECIPE TO FREEZE HALF FOR LATER

It isn't always the savior of weeknight dinners. "There's a limit. Frozen things can go bad within four months," says Catherine McCord, the author of *Weelicious*. They also take a while to thaw. Monday's meal isn't done if the lasagna is still a block of ice at 6 p.m.

30

SHOOING PEOPLE OUT OF THE KITCHEN AT A DINNER PARTY

WHEN FRIENDS ASK TO HELP, ARE YOU THE HOST WHO SAYS, "NO, NO, NO, I'VE GOT IT"? PEOPLE LIKE TO DO SOMETHING. (HEY, MAYBE THE LIVING-ROOM CHITCHAT IS GOING STALE.) AND EVEN IF YOU REALLY PREFER TO PREP SOLO, A FRIEND CAN SAVE YOU 10 MINUTES BY SETTING OUT NAPKINS OR FILLING WATER GLASSES.



31 TO 35 ALWAYS BEING ON

31. CHECKING E-MAIL CONSTANTLY "Most of us don't have jobs that require it—it's a compulsive behavior," says Christine Carter, a sociologist and the author of *The Sweet Spot*. "Schedule 20-minute blocks of time, three to five times per day, when you will get to e-mails—not just check, but respond or put them in a separate folder from your in-box for pending items. I also do a quick check of e-mail before I go into any deep work project, so I'm not tempted to break my focus."

32. WORKING THROUGH LUNCH "If you don't take a break during the day, you'll take a fake one, like falling into a Twitter hole at 3 P.M.," says Laura Vanderkam, the author of *I Know How She Does It*.

33. TRYING TO CATCH UP ON SLEEP ON THE WEEKEND Because you stay up late during the week answering e-mails that could probably wait (time stamp: 12 A.M., *thankyouverymuch*). "Sleeping in more than two hours beyond your usual time can lead to increased risk of metabolic disorders, like diabetes and weight gain. Regularity is key. Most adults need an average of seven to eight hours of sleep per night," says Phyllis Zee, M.D., a professor of neurology and the director of the Sleep Disorders Center at Northwestern University, in Chicago.

34. MULTITASKING "Each time we go from one thing to the next, our brain has to go back three or four steps to reorganize before it can move forward. This is inefficient and stressful. We are much more effective when we focus on one thing at a time," says Race.

35. CREATING THE WORLD'S MOST COMPREHENSIVE TO-DO LIST "We think the act of writing it down allows us to let it go, but your unconscious mind worries about unfinished tasks," says Carter. Don't spend precious time writing a long list only to fret over it. "Telling your brain when you are going to do something creates a sense of calm," she says. Put chunks of time for specific work tasks or personal things, like meal planning, onto a calendar.

36 APOLOGIZING FOR NO REASON

"I'm sorry the house is a mess."

"I'm sorry for not e-mailing you back sooner."

"I'm sorry I overcooked the chicken."

"What on the surface seems overly polite is actually quite controlling, like saying, 'You can't have any resentful or negative feelings in regard to this interaction!'" says Darcy Lockman, Ph.D., a psychologist in New York City. "No one wants to be told how to feel, so the preemptive apology can be off-putting. If a person is upset, wait for her to tell you, then apologize."

37

USING REPLY ALL Are you discussing what everyone is bringing to a potluck? Fine. "But if your boss asks for people's availability for a meeting, e-mail only her," says Carson Tate, a productivity consultant and the author of *Work Simply*. "Reply all, in that situation, is irritating. Also, you're not showing discernment about who needs what information."

40 SPLURGING FIRST, ORGANIZING SECOND

You just picked up \$400 worth of storage bins. Now what? "If you start with the product, you spend money on things that don't quite fit your needs. Narrow down your belongings so you know what you need before you shop," says Phillip.

38

DECLUTTERING THE LEAST-US ED ROOM FIRST (UH, THE ATTIC)

"People think that decision making will be easier in a less-frequented space," says Julie Morgenstern, the author of *Shed Your Stuff, Change Your Life*. But tossing old term papers is never easy (or fast—four hours later you're still reading). Worse, you spend a lot of energy on a space you rarely spend time in. Reap daily benefits by clearing well-used rooms first.

39

LETTING GUILT DRAG ON

It's OK to feel guilty about something and trying to correct it, but then let go, says Christopher Germer, Ph.D., the author of *The Mindful Path to Self-Compassion*: "When guilt persists, it's usually mixed with shame—not what you did, but who you are. Self-criticism is not helpful."



41

BLINDLY FOLLOWING "DRY-CLEAN"

"More items than you think can—and should—be washed," says Gwen Whiting, a co-founder of the laundress line of detergent and cleaning products. "Dry-cleaning wool and cashmere can actually dry out the yarns and crush the pile of the knits. Hand wash and lay flat. Same goes for silk. Hand wash and air-dry." Exceptions: viscose (clean as directed) and rayon, which can be iffy.

42

DESIGNATING A SINGLE DAY FOR LAUNDRY

It takes forever, and then you're facing a Kilimanjaro-size pile to fold after dinner. "Do sheets and towels one day, clothing on another," says Whiting. "This will spare you from losing socks in your bedding, too."



43

**ORGANIZING BIG
(THE ENTIRE
CONTENTS OF YOUR
CLOSET!) INSTEAD
OF SMALL (TRY
YOUR PURSE)**

The micro level is always a better starting point—a drawer, one shelf. “Organizing a tiny space you use constantly, even your handbag, will motivate you to keep going,” says Morgenstern. In contrast, dragging everything from the garage out onto the driveway sets you up to fail.





**START WITH
THE DOORS**
Sliding barn doors expose the entire closet at once and let you access every bit of space. (Choose solid-core doors, available at hardware stores, and have a handyman install the track.) Extra credit: Cover the inside of the closet with wallpaper.

THE BIG CLOSET MAKEOVER

Written by Rebecca Daly
and Stephanie Sisco
Photographs by Floto + Warner



Been there, felt that.

When Amy Kressaty e-mailed *Real Simple* about her closet, she had a long list of issues. The closet's odd configuration, which made it feel cramped. The "impossible to organize" 29-inch-deep space. The overstocked, ill-fitting, dated wardrobe. "My coworkers are twentysomething. I don't want to feel like their mother!" said the 47-year-old northern New Jersey sales exec. Behold, the *RS* redo that sorted it all out.

AMY'S 3 COMMON CLOSET PROBLEMS

1. BLOCKED ACCESS.

The mirrored doors opened on only one side at a time, leaving half the closet hidden.

2. HARD-TO-REACH SPOTS.

The inner alcove spaces on the left and right were black holes for empty

shoe boxes and random trinkets.

3. NO RHYME OR REASON. Because it was so cramped, there was no logic to the closet. Amy stuck stuff wherever there was a place for it.



BEFORE



OPEN SHELVES ALWAYS HELP

Hidden = lost. These affordable stackable cubbies (that almost look custom) keep shoes and clutches in sight—and in order. They also help curb impulse buys. No open slot, no purchase.

TO BUY: 8-pair shoe organizer and 12-pair shoe organizer, \$40 each, [containerstore.com](#). Zigzag Stripe baskets, \$178 for two; Equestrian hook, \$32: [anthropologie.com](#). Opening page: Crown MetalWorks decorative sliding-door hardware, \$150, [homedepot.com](#). Artesano Iron Works black sliding closet door pull, \$30, [lowes.com](#). Speckle temporary wallpaper in black/white, \$35 a panel, [chasingpaper.com](#). Steamline Luggage Correspondent carry-on, \$600, and vanity case, \$310: [steamlineluggage.com](#).

HAVE A
FREE WALL?
PROP UP
AN OVERSIZE
MIRROR
TO CREATE A
DRESSING
AREA.

EXTRA ROD, EASY UPGRADE

Don't settle for what you're given in the closet. Installing another rod below the existing one or to the side (or both) can instantly expand your storage space. Capitalize on that by hanging clothes in categories (casual weekend wear, office attire, special-occasion pieces). And this is key: Each category gets its own set of color-coded flocked hangers.

TO BUY: Adjustable closet rods, from \$10 each, at hardware stores. Real Organized white shelf bracket, \$17 for a five-piece set, [lowes.com](#). Joy Mangano Huggable Hangers, \$24 for a 35-piece set, [hsn.com](#). Our Shoe Box, \$2, [containerstore.com](#). *Real Simple* garment storage suit bags in cream, \$15 each, [bedbathandbeyond.com](#).

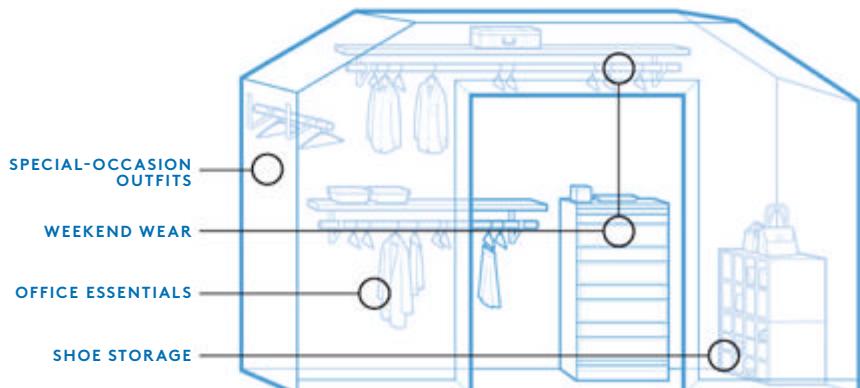


BE SMART ABOUT SPILLOVER

Even with the best-laid plan, there's only so much a closet can hold. Use the space outside the closet—an empty corner, a section of wall—to stage an annex dressing spot. This is where your costume jewelry, hats, and even totes can go. Use brassy hooks on the wall and sparkly dishes on a side table to contain items, and be ruthless about keeping this area tidy.

TO BUY: Hovet mirror, \$129, [ikea-usa.com](#) for info. Gold four-inch distressed boat-cleat hooks (similar to shown), \$4.50 each, [laurenannalei.etsy.com](#).

AMY'S NEW CLOSET



THE WORK WARDROBE

AMY'S 3 COMMON CLOTHING PROBLEMS

1. OUTDATED OFFICE

WEAR. Because she had been out of the workforce for 11 years before returning this past October, Amy's professional wardrobe felt passé in her millennial-staffed office.

2. A BUNCH OF BAD

CHOICES. Practically 85 percent of Amy's closet was jammed with clothes that she never wore. (Most still had the tags on!) "Some had been good deals or the size I wanted to be, so I settled even if the fit wasn't right."

3. PLAYED-OUT CASUAL

PIECES. Her usual weekend uniform—old sweater, old jeans—was getting, um, old. She needed more variety in the rotation.

THE FULL,
MIDI-LENGTH
SILHOUETTE
IS ALL THE
RAGE. IT ALSO
HAPPENS
TO BE FIGURE-
FLATTERING
FOR WOMEN
OF ALL AGES—
AND EVERY-
OFFICE-
APPROPRIATE.



Photographs by Philip Friedman

THE WEEKEND WARDROBE



UPGRADE YOUR DOWN-TIME GEAR WITHOUT SACRIFICING COMFORT. SWAP TEES FOR FLOWY PRINTED TOPS AND BEAT-UP JEANS FOR DARK-RINSE BOOTCUTS.

CHOOSE BASICS THAT AREN'T TOO BASIC

The trick to building an altogether wearable wardrobe is to look for classic shapes with a fun twist—an ivory shell with a loose ruffle, camel flats with gold cap toes, an elegant handbag in graphic black and white. It's easy to mix and match if you aim for a balance of 75 percent neutrals and 25 percent colors and prints. For mega versatility, stick to a general color palette, such as the blue-and-red theme here.

TO BUY

- 1 EARRINGS**, \$34, stelladot.com.
- 2 JACKET**, \$290, Comptoir des Cotonniers, 212-460-5289.
- 3 NAVY BLouse**, \$218, joie.com.
- 4 HANDBAG**, \$548, [kate spade.com](http://katespade.com).
- 5 PANTS**, \$80, loft.com.
- 6 SHIRTDRESS**, 424 Fifth, \$119, lordandtaylor.com.
- 7 BELT**, \$98, [eileen fisher.com](http://eileenfisher.com).
- 8 SLINGBACKS**, \$375, lkbennett.com.
- 9 SKIRT**, \$80, zara.com.
- 10 RUFFLED SHELL**, \$535, Max Mara, 312-475-9500.
- 11 SUNGLASSES**, \$14, lulus.com.
- 12 FLORAL TOP**, \$118, bodenusa.com.
- 13 NECKLACES**, \$85 each, Comptoir des Cotonniers, 212-460-5289.
- 14 CARDIGAN**, \$148, nicandzoe.com.
- 15 JEANS**, \$110, nydj.com.
- 16 FLATS**, \$110, Massimo Dutti, 212-371-2555.
- 17 TOTE**, \$550, toryburch.com.
- 18 STRIPED BLOUSE**, Joie, \$278, [Neiman Marcus](http://NeimanMarcus.com), 888-888-4757.

THE SPECIAL-OCCASION WARDROBE



WEED OUT THE ONE-HIT WONDERS

Give yourself permission to let go of any item you bought for a certain event but will never wear again. A smarter evening-wear strategy? Stock up on seasonless styles with dress-up, dress-down potential, like sleeveless silk tops and tailored black pants. You can wear long dresses to both cocktail parties and formal fêtes—pair them with metallic accents, which always hit the mark.

TO BUY

1 NECKLACE, \$99, chloelandisabel.com. **2 PRINTED BLOUSE**, Halston Heritage, \$325, halston.com.

3 DRAPED TOP, The Limited Collection Inspired by Scandal, \$50, thelimited.com.

4 CLUTCH, Badgley Mischka, \$345, Julian Gold, 512-473-2493. **5 PANTS**, Lisette, \$116, lisettel.com.

6 PUMPS, \$140, rockport.com. **7 DRESS**, \$695, lkbenett.com. **8 EARRINGS**, White House Black Market, \$50, whbm.com.

"It feels so great to finally wear clothes that are flattering, and to store them smartly. I don't even close the closet doors when I get in bed anymore, just because I love looking at it!" —AMY



3 simple tricks for keeping your closet in tip-top shape

1. WORK ON THE INFRASTRUCTURE. Move a shelf lower to fit tall bags, or add an LED closet rod to light up a dark corner.

2. ORGANIZE LIKE A STORE. Keep your most-used bags on hooks in the center of the closet, and change them out seasonally, like rotating merchandise.

3. KEEP AN OPEN BIN OR BASKET ON THE FLOOR. It will prompt you to purge regularly. When you decide you're tired of a piece of clothing, drop it in. When the basket is full, that's your cue to donate the castoffs.

TO BUY

BLAZER, Lisette, \$220, lisette.com. **TOP**, Eileen Fisher, \$224, bloomingdales.com. **PANTS**, \$99, talbots.com. **PUMPS**, \$140, rockport.com. **EARRINGS**, \$39, stelladot.com. **RING**, \$48, chloeandisabel.com.





COBALT + BERRY

Try color-blocking with a vibrant blue on tips (Essie's Butler Please shown here) and a rich raspberry on toes (Désirio by Chanel). Both have cool undertones that complement each other.

Turn the page for polish details, plus dozens more killer pairings.

TIPPING POINTS

Life is short. Paint your nails accordingly. This colorful guide covers the coolest combos for fingers and toes.

Written by Jenny Jin
Photographs by Joyce Lee



CONNECT THE DOTS

Work your way through this summer's worth of pretty pairs.

TEAL
High Frequency by Formula X,
\$10.50, sephora.com.

NUDE
Ballerina Pink by Estée Lauder,
\$21, esteelauder.com.

BABY BLUE
Blue Orchid by Deborah Lippmann,
\$18, deborahlippmann.com.

GOLD
Go for Gold by Sally Hansen,
\$5 at drugstores.

START WITH PINK

Bonheur 661
by Dior, \$27,
dior.com.

PALE PINK
Pansy by RGB Cosmetics, \$18,
www.rgbcosmetics.com.



SEA FOAM
Ali by Julep, \$14,
julep.com.



BLACK
Black Onyx by OPI,
\$9.50, ulta.com.

RED
Caught Red Handed
by Red Carpet Manicure, \$8,
redcarpetmanicure.com.

NUDE
Nostalgia by JINsoon,
\$18, jinsoon.com.



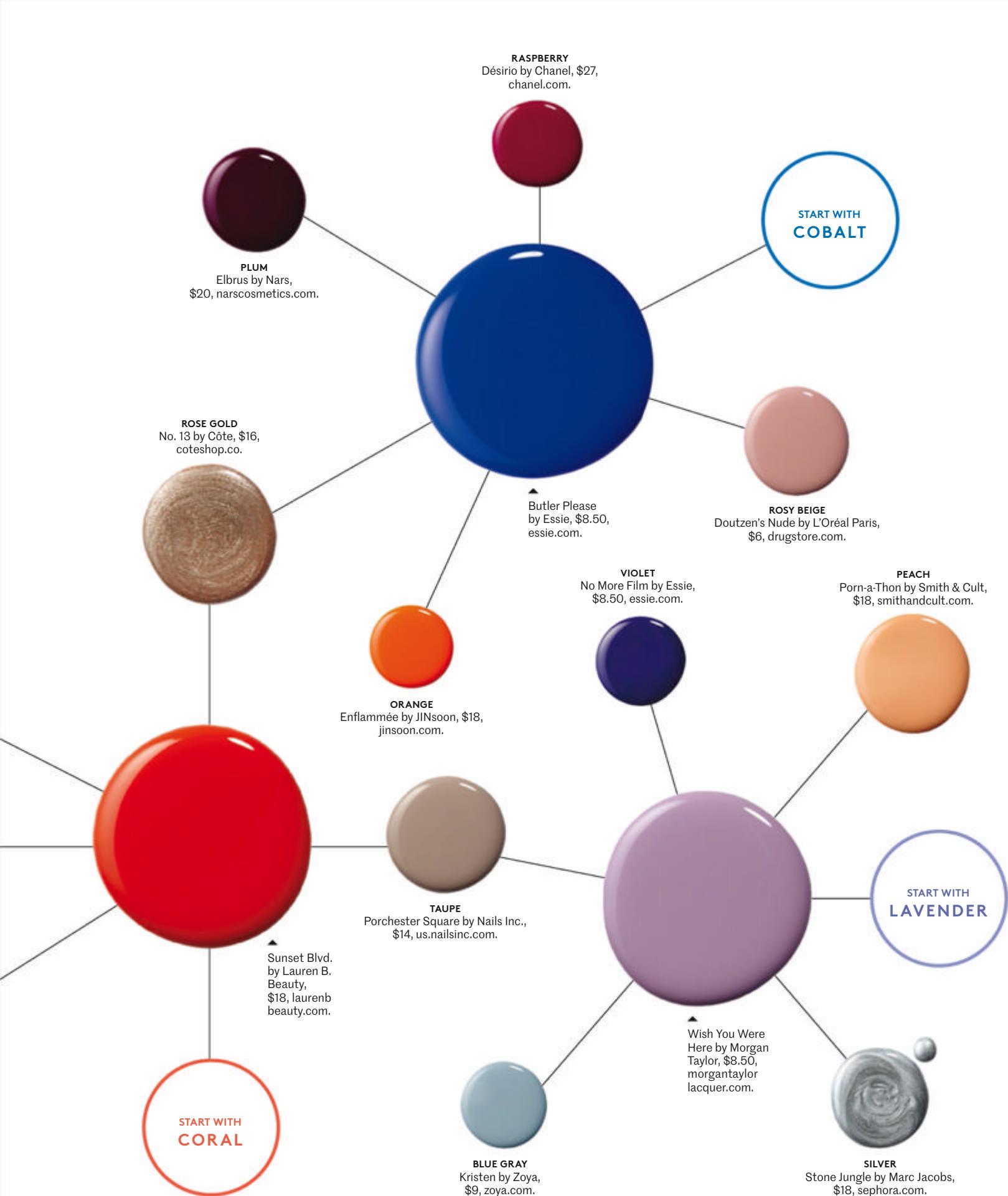
NEON
Firefly by SpaRitual,
\$12, sparitual.com.

Blush by RGB
Cosmetics,
\$18, www.rgb
cosmetics.com.

WHITE
Spotlight White
by Milani Cosmetics, \$4,
milanicosmetics.com.

**START WITH A
NEUTRAL**

POWDER BLUE
Chuffed to Bits by Londontown
Lakur, \$16, londontownusa.com.





ROSE GOLD + CORAL

If you prefer something a little less splashy, try this modern twist on the classic nude-and-red. A glimmering metallic (Côte's No. 13) and a juicy orange-red (Lauren B. Beauty's Sunset Blvd.) flatter all skin tones and work for that weekend wedding, too.



NEON + NUDE

Seize the Day-Glo! Toes can take any electric shade (SpaRitual's Firefly shown here). Then just balance the brightness with a sandy hue on fingertips.

TO BUY

PAGE 158: Eres swimsuit, net-a-porter.com. Patricia Underwood hat, 212-268-3774. Aerin bangle, aerin.com. **PAGE 162:** Eres swimsuit, net-a-porter.com. Patricia Underwood hat, 212-268-3774. Gold Philosophy ring, goldphilosophy.com. **THIS PAGE:** Canfora leather sandals, canfora.com.

MANICURES AND PEDICURES BY ASHLIE JOHNSON USING CHANEL LE VERNIS FOR THE WALL GROUP. FASHION EDITOR, REBECCA DALY.



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independent family farms
1 / 700

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Food

CAPPING IT OFF
MUSHROOM PIZZA
(PAGE 167) IS MORE
INTERESTING WITH
QUIRKY, YET EASY-
TO-FIND, VARIETIES,
LIKE KING OYSTER,
ENOKI, AND MAITAKE.



NOT JUST FOR SNACKING
Store-bought smoked almonds can team up with snap peas to make a salsa. Yes, salsa. (See page 180.)



Quick Cooking (136, 139, 141, 172, 178, 182)
Healthy Pick (136, 139, 141, 168, 172, 174, 178)
Freezable (182)
Make Ahead (136, 139, 141, 178, 182)
Big Batch (136, 139, 141, 178)
One Pot (136, 172, 178)
Whole-Grain (139, 141)
Vegetarian (136, 139, 141, 167, 178, 182)
Gluten-Free (136, 139, 141, 170, 172, 178)



BONING UP
Go for budget-friendly bone-in pork rib chops. Those bones keep the lean meat juicy when grilled. (See page 174.)



Photographs by Johnny Miller
Food Styling by Rebecca Jurkevich



MY STARBUCKS IS

Where I catch up with my best friend



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Freezable
Make Ahead
Big Batch
Slow Cooker
One Pot
Whole-Grain
Vegetarian
Gluten-Free

EASY DINNER

1

Mushroom and goat cheese pizza

HANDS-ON TIME 20 MINUTES TOTAL TIME 55 MINUTES SERVES 4



$\frac{3}{4}$ pound wild mushrooms (such as oyster, shiitake, or a mix), cut into 1½-inch pieces

5 tablespoons olive oil, plus more for the pan
Kosher salt and black pepper

1 pound store-bought pizza dough

8 ounces fresh goat cheese, crumbled

1 tablespoon fresh thyme leaves

2 tablespoons fresh lemon juice

1 Fresno chili, thinly sliced

Chopped fresh parsley, for serving

HEAT oven to 450° F with the bottom rack set in the lowest position. Toss the mushrooms with 2 tablespoons of the oil, ½ teaspoon salt, and ¼ teaspoon pepper on a large rimmed baking sheet and spread in an even layer. Roast, stirring once, until tender, 12 to 15 minutes.

LIGHTLY oil another large rimmed baking sheet. Stretch the dough into a large oval and place on the prepared sheet. Brush with 1 tablespoon of the remaining oil. Scatter the roasted mushrooms, cheese, and thyme evenly over the dough. Bake until the mushrooms and crust are well browned, 14 to 16 minutes.

MEANWHILE, whisk together the lemon juice, chili, and the remaining 2 tablespoons of oil in a bowl. Drizzle on the pizza and top with the parsley.



NUTRITION NOTES
Information on fat, calories, and sodium content for every RS recipe can be found on RealSimple.com. Just scroll to the bottom of the recipe.

FOOD

- Quick Cooking
- Healthy Pick
- Freezable
- Make Ahead
- Big Batch
- Slow Cooker
- One Pot
- Whole-Grain
- Vegetarian
- Gluten-Free

EASY DINNER

2

Chicken and cucumber stir-fry with noodles and crispy garlic

HANDS-ON TIME **45 MINUTES** TOTAL TIME **45 MINUTES** SERVES **4**



8 ounces linguine
($\frac{1}{2}$ box)
 $\frac{1}{4}$ cup canola oil
6 garlic cloves, thinly sliced
1 pound boneless, skinless chicken thighs, cut into thin strips
2 tablespoons cornstarch
Kosher salt
6 scallions, cut into 1-inch lengths, plus additional sliced scallions for serving
2 tablespoons finely chopped fresh ginger
1 English cucumber, sliced into half-moons
 $\frac{1}{3}$ cup low-sodium chicken broth
3 tablespoons soy sauce

COOK the pasta according to the package directions.

HEAT the oil in a small skillet over medium heat. Add the garlic and cook, stirring occasionally, until crisp, 4 to 6 minutes. Transfer the garlic to paper towels with a slotted spoon. Reserve the oil.

COMBINE the chicken, cornstarch, and $\frac{1}{2}$ teaspoon of salt in a bowl; toss to coat. Heat 2 tablespoons of the reserved garlic oil in a large nonstick skillet over high heat. Add the chicken in an even layer. Cook, without touching, until browned on the bottom, 5 to 7 minutes. Stir and cook until cooked through, 2 to 3 minutes. Transfer to a bowl.

ADD the scallions and ginger to the skillet. Cook over high heat, stirring, until fragrant, 1 to 2 minutes. Add the cucumber and cook, stirring, until crisp-tender, 1 to 2 minutes. Add the chicken, pasta, broth, and soy sauce. Cook, stirring, until coated and hot, 1 to 2 minutes. Top with the sliced scallions and crispy garlic.

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EASY DINNER

3

Grilled steak and potatoes with snap pea salsa

HANDS-ON TIME **30 MINUTES** TOTAL TIME **40 MINUTES** SERVES **4**

FOOD



1 pound fingerling potatoes, halved lengthwise
1/4 cup olive oil, plus more for brushing
 Kosher salt and black pepper
2 strip steaks (1 inch thick; about 1 pound total)
1/4 pound snap peas, trimmed and thinly sliced crosswise
1/3 cup smoked almonds (see recipe, page 180), coarsely chopped
1/4 cup chopped fresh mint
1/4 cup chopped fresh parsley
2 tablespoons fresh lemon juice

HEAT grill to medium. Once it is hot, clean the grill grate with a wire brush. **TOSS** the potatoes with 1 tablespoon of the oil and $\frac{1}{4}$ teaspoon each salt and pepper in the center of a 16-inch square of heavy-duty foil. Fold the foil over and seal the edges to form a packet. Grill the packet, turning occasionally, until the potatoes are tender, 23 to 25 minutes.

MEANWHILE, brush the steaks with olive oil and season with $\frac{1}{2}$ teaspoon each salt and pepper. Grill until an instant-read thermometer inserted into the thickest part registers 130° F, 3 to 5 minutes per side for medium-rare. Let rest for 10 minutes before thinly slicing against the grain.

TOSS the snap peas, almonds, mint, parsley, lemon juice, $\frac{1}{4}$ teaspoon each salt and pepper, and the remaining 3 tablespoons of oil in a bowl. Spoon over the steak and potatoes.

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EASY DINNER

4

Green curry with halibut and corn

HANDS-ON TIME **20 MINUTES** TOTAL TIME **30 MINUTES** SERVES **4**



2 tablespoons canola oil
 2 shallots, thinly sliced
 3 tablespoons green curry paste
 1 15-ounce can unsweetened coconut milk
 $\frac{3}{4}$ cup low-sodium chicken broth
 2 cups fresh or frozen corn kernels
 1 $\frac{1}{2}$ pounds boneless, skinless halibut, cut into 1 $\frac{1}{2}$ -inch pieces
 Cooked rice and lime wedges, for serving
 1 cup small basil leaves
 1 jalapeño, thinly sliced

HEAT the oil in a large, deep skillet over medium-high heat. Add the shallots and green curry paste. Cook, stirring, until the shallots are soft, 2 to 3 minutes. Add the coconut milk and chicken broth and bring to a simmer.

STIR in the corn and halibut. Cover and simmer over medium heat until the fish is opaque throughout, 6 to 8 minutes.

SPOON the curry over the cooked rice in serving bowls and top with a squeeze of lime and the basil and jalapeño.

THINGS COOKS KNOW

GREEN CURRY PASTE



This Thai condiment gets its color and fiery heat from green chilies. But it's not straight-up spicy: Ginger and other herbs give it a fresh flavor. It can also add a kick to stir-fries and marinades. Find it in the Asian or international aisle.

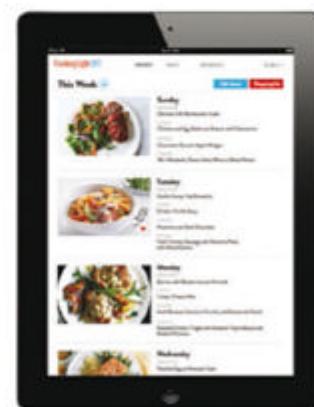


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EASY DINNER

5

Grilled pork chops, broccolini, and sourdough bread

HANDS-ON TIME 15 MINUTES TOTAL TIME 45 MINUTES SERVES 4

FOOD



- 4 bone-in pork rib chops (about 10 ounces each), at room temperature
- 3 tablespoons olive oil, plus more for the bread
- 1 teaspoon chopped fresh thyme
- Kosher salt and black pepper
- 2 tablespoons balsamic vinegar
- 1 pound broccolini
- 4 thick slices sourdough bread, brushed with oil
- Lemon wedges, for serving

HEAT grill to medium. Once it is hot, clean the grill grate with a wire brush.

BRUSH the pork chops with 1 tablespoon of the olive oil and season with the thyme and $\frac{1}{2}$ teaspoon each salt and pepper. Grill until an instant-read thermometer inserted into the thickest part registers 135° F, 7 to 9 minutes per side. Continue grilling, basting the pork chops with the vinegar, until glazed, 2 to 3 minutes. Let rest for 5 minutes.

MEANWHILE, toss the broccolini with the remaining 2 tablespoons of olive oil and $\frac{1}{4}$ teaspoon each salt and pepper. Grill, turning occasionally, until lightly browned and crisp-tender, 5 to 7 minutes. Grill the bread until grill marks appear, 1 minute per side.

SERVE the pork chops with the broccolini, bread, and lemon wedges for squeezing.



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PEOPLE

Chris Hemsworth

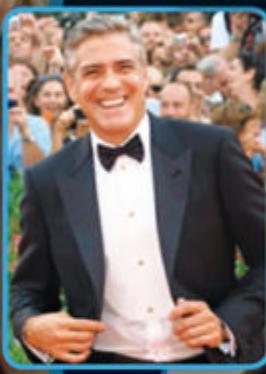
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Awesome Aussie
Chris Hemsworth
Photographed exclusively for PEOPLE
October 17, 2014

Idris Elba

Chris Pratt

The cover of People magazine features a large photo of Chris Hemsworth with blonde hair and blue eyes. The title "SEXIES MAN ALIVE!" is prominently displayed in the center. Other male celebrities like Idris Elba and Chris Pratt are shown in smaller inset photos at the bottom. A circular badge says "PLUS! 208 GORGEOUS GUYS!". The magazine is labeled as a "Special Double Issue #SexiestManAlive" from December 1, 2014.

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WHY NOT TRY...?

low-fat fix
Buttermilk adds body without a lot of fat, making it ideal for enriching mashed potatoes, smoothies, and dressings.

 GOT BUTTERMILK?
Milk that leftover half-cup with 18 tasty recipes found at realsimple.com/buttermilk.

fake it
Fresh out of buttermilk on Pancake Sunday? For a quick sub-in, stir together 3 parts plain yogurt and 1 part milk.

BUTTERMILK

Buttermilk began as the slightly soured by-product of freshly churned butter, hence the name. Today it's made by adding a culture to low-fat milk. It's similar to yogurt, with a tangy flavor and a thick texture, even though it's low in fat. The acid in buttermilk activates the baking soda in biscuits, yielding lighter, flakier results, and tenderizes meat (mmm, fried chicken). The smallest container sold is almost always more than you need for a recipe. So here you go—six ways to use it up.

Recipes by Chris Morocco
Photographs by Levi Brown
Food Styling by Rebecca Jurkevich

FOOD

1**Buttermilk biscuits**

Combine 2½ cups **ALL-PURPOSE FLOUR**, 1½ tsp. **BAKING POWDER**, 1 tsp. **SALT**, and ¼ tsp. **BAKING SODA**. Cut in ¾ cup (1½ sticks) cubed cold **UNsaltED BUTTER** until crumbly. Stir in ¾ cup cold **BUTTERMILk**. On a clean work surface, fold (don't knead) the dough until it just comes together; shape into a rectangle. Cut into 8 squares. Brush with beaten **EGG**. Bake in a 375° F oven until golden brown, 25 to 30 min. **SERVES 8**

**2****Strawberry buttermilk smoothie**

Puree 1 cup hulled and quartered **STRAWBERRIES**, ½ cup **BUTTERMILk**, and ¼ cup **ICE** in a blender until smooth. Add 1 tsp. **AGAVE SYRUP**, if desired. **SERVES 1**

**3****Buttermilk, banana, and honey ice pops**

Puree 2 cups **BUTTERMILk**, 4 **BANANAS**, ⅓ cup **HONEY**, seeds from ½ scraped **VANILLA BEAN** (or 1 tsp. vanilla extract), a pinch of **SALT**, and ½ cup **WATER** in a blender until smooth. Pour into 10 3-oz. or 8 4-oz. ice-pop molds, dividing evenly. Insert sticks. Freeze until firm, at least 4 hours and up to 4 days. Melt 8 oz. **CHOCOLATE** and stir in ¼ cup **CANOLA OIL**. Dip the pops in the chocolate and refreeze for 5 min. before serving. **SERVES 8**

**4****Buttermilk fried chicken**

Combine 2 lb. bone-in, skin-on **CHICKEN PIECES**, 1 cup **BUTTERMILk**, 1 Tbsp. **HOT SAUCE**, **SALT**, and **PEPPER** in a large resealable plastic bag. Refrigerate 2 hours or up to overnight. Drain; season with salt. Dredge in 2 cups **ALL-PURPOSE FLOUR**, shaking off the excess. Fry in batches, turning occasionally, in 1 inch of **CANOLA OIL** over medium heat (360° F on a deep-fry thermometer), until cooked through, 10 to 15 min. **SERVES 4**

**5****Garlicky buttermilk dressing**

Mash 4 cloves sliced **GARLIC** and ½ teaspoon **SALT** on a cutting board, using the back of a knife. Cook the garlic paste in 1 Tbsp. **OLIVE OIL** in a small skillet over medium-low heat, stirring, until light golden and very fragrant, 4 to 5 min. Whisk the garlic, ½ cup **BUTTERMILk**, ¼ cup **SOUR CREAM**, and ¼ tsp. each **SALT** and **PEPPER** until smooth. Stir in 1 Tbsp. chopped chives just before serving. **SERVES 6**

**6****Buttermilk mashed potatoes**

Bring 2 pounds quartered **YUKON GOLD POTATOES** to a boil in salted **WATER**. Reduce heat and simmer until tender, 20 to 25 min.; drain. Add 6 Tbsp. cubed **UNsaltED BUTTER**, 1 tsp. **SALT**, and ½ tsp. **BLACK PEPPER**. Mash until well combined. Stir in 1 cup warm **BUTTERMILk**. **SERVES 6**



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Things Cooks Know

**Simplifying strategies, techniques, and tips—
from the *Real Simple* test kitchen to yours**



Mastering quick jams

FOOD

Also called refrigerator jams—because they don't require the intimidating water-bath technique of canning, and so the refrigerator is where you need to keep them—quick jams take little more than fresh fruit and sugar to make. They can be stored in an airtight glass or plastic jar for up to two weeks. Start with fruits that contain lots of natural pectin (a gelling agent that is often added, in powdered form, to canned jams). Berries, plums, and cherries are the best options. Combine with a pinch of salt, a couple of tablespoons of lemon juice, and sugar. (One-third cup sugar to 1 pound of fruit is a good starting point; adjust for tartness.) Simmer in a heavy-bottomed pot until the mixture coats the back of a spoon, up to 20 minutes. Quick jams have a looser consistency than store-bought jams and are delicious drizzled on top of ice cream or spread over ricotta toast. (See recipe, page 182.)



COLD-BREW ICED COFFEE AT HOME

The delicious-looking iced coffee you see on everyone's Instagram isn't made from cooled leftover coffee. Ordinary brewing with hot water releases acids and oils that create a bitter taste. Cold-brewing, a simple technique of steeping ground coffee in room-temperature water, yields a concentrated syrup with a smooth, mild flavor (often with less caffeine than hot). Make a batch of the recipe ahead of time, then stir with milk or water and add ice for picture-perfect refreshment.

TO MAKE: Combine 6 ounces (1½ heaping cups) medium to coarsely ground coffee with 4 cups room-temperature water in a glass container. Let sit at room temperature for 12 hours. Strain through a mesh strainer lined with a coffee filter. (This base, about 2½ cups total, will keep in the refrigerator for 2 weeks.)

TO SERVE: Combine a scant ½ cup of the coffee base with equal parts water or milk. Pour over ice. Makes 6 servings.

Written by Heath Goldman and Chris Morocco
Illustrations by Melinda Josie

SMOKY FLAVOR WITHOUT THE GRILL

Even the most dedicated grill master needs a night off. For those occasions, rely on one of these quick hits.

Smoked salt

Sprinkling coarse smoked salt (available at supermarkets and specialty stores) on foods just after cooking releases little bursts of char flavor. Try on seared fish just out of the pan.

Smoked almonds

Chop and combine with oil and hot sauce for a fast condiment. Ideal for topping oven-roasted vegetables.

Smoked paprika

This spice adds a bacon-like flavor to marinades and rubs. Or use it solo, sprinkling it on meats before roasting.

Roasted peppers

Charred and peeled, then jarred, these tender peppers pack fire-grilled flavor. Chop and toss into sautéed onions, eggplant, and tomatoes for a fast ratatouille.

Smoked (or double-smoked!) bacon

Different from regular bacon, since it's cured and smoked, it adds a boost to a favorite vinai-grette for a spinach or chopped salad.

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BETTER BREAKFAST

FOOD



Sourdough toast with strawberry quick jam and ricotta

Got to jam? It takes only 10 minutes to cook these preserves and about 10 seconds to top the toast.

HANDS-ON TIME 20 MINUTES
TOTAL TIME 25 MINUTES, PLUS COOLING TIME
SERVES 4

This superfast fruit spread will keep in the freezer for up to 1 month.

1 pound strawberries, hulled and quartered
 $\frac{1}{3}$ cup sugar
2 tablespoons fresh lemon juice
Pinch of salt
1 cup ricotta or farmer's cheese
4 slices sourdough round, toasted and halved

COMBINE the strawberries, sugar, lemon juice, and salt in a large skillet. Cook over medium-high heat, mashing with a wooden spoon, until the strawberries break down and the jam has thickened, 7 to 9 minutes. Transfer to a clean glass container and let cool completely. Refrigerate for up to 2 weeks.

TO SERVE, spread the cheese on the toasts. Spoon 2 to 3 tablespoons of the jam on top.

Recipe by Justin Chapple

Photograph by Johnny Miller

Food Styling by Rebecca Jurkevich

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A Life in Full

THIS EIGHT-MONTHS-PREGNANT, HOME-SCHOOLING MOM GETS CREATIVE TO FIND THE TIME TO PLAY IN AN INDIE-POP BAND AND HOST A PODCAST.

FLEX TIME
“Lazarus goes to preschool twice a week. Next year that may change. We shift till it feels right.”



7:00 A.M. “The first year I homeschooled, I didn’t have an efficient schedule and wasted most of the morning. Now if we put our heads down, we’ll be done by lunch and the boys can play.”

8:30 A.M. “When you have three kids, they can keep each other entertained. More often than you’d think, Skip and I can enjoy breakfast together. I hope that continues once the baby comes.”

EARLY ED
“WE’LL COVER EVERYTHING FROM SCIENCE AND MATH TO LATIN AND ART.”



11:10 A.M. “A tutor comes twice a week to give tests and such. This allows me time to write, work on my podcast, or just reboot. Having a time out is essential for our family’s health.”

6:25 P.M. “On Tuesdays, we have an early dinner, then pack up the boys to head to the music studio. Before we had kids, we didn’t want a routine. Now it helps us keep our sanity.”



7:05 P.M. “The boys play with an old video game while I record with my bandmates—Skip [seated] and his brother, Logan. (The studio is at his house.) At times, a kid jam may break out.”



8:00 P.M. “At bedtime, the boys camp out in a soundproof booth. Then we grown-ups work in the studio late into the evening. They’re still asleep when Skip carries them to the car.”

TIMSHEL MATHENY, 36

- Plays keyboards and organs in the band Roman Candle; cohosts the interview series *Drinks With*
- Married to Skip Matheny (also her bandmate and cohort), with four sons—Jude, 10; Ambrose, 8; Lazarus, 4; and newly arrived Cosmas, now 5 months
- Nashville

A LITTLE AT A TIME
“We encourage the boys to be self-sufficient. They make their beds, then pour their own cereal. Jude is learning how to make eggs.”

Photographs by Floto + Warner



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